DI-GEST THIS!

CIVILISED NUTRITION

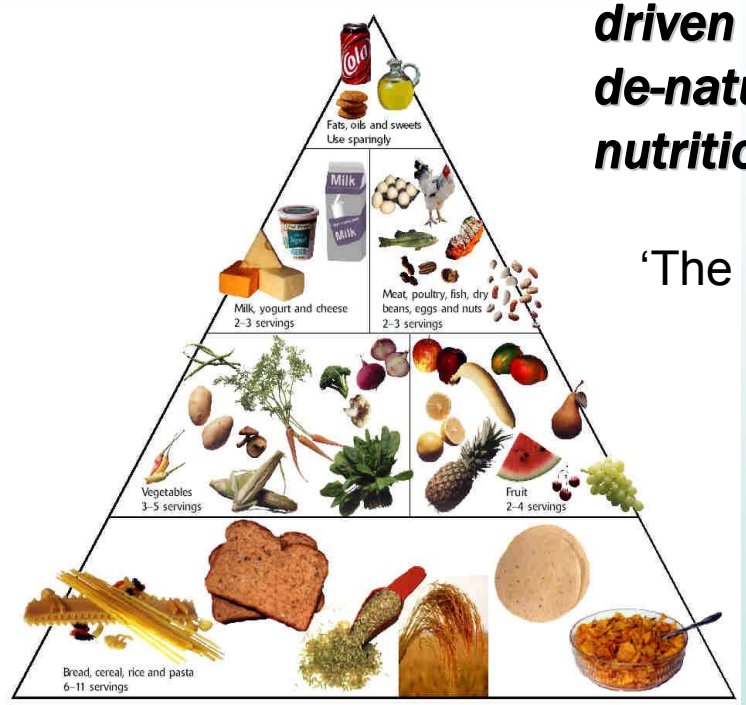
WANT

VERSUS

NEED

UNCIVILISED NUTRITION

An internet based, research of evidence, as reason to be wary of industrial based Nutrition, driven by the need of Money, as an exchange for de-natured, over priced, products with little nutritional value or health building properties.

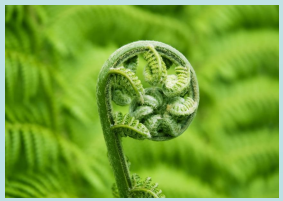


‘The Garden truly is the ‘given’ institution for growth.’

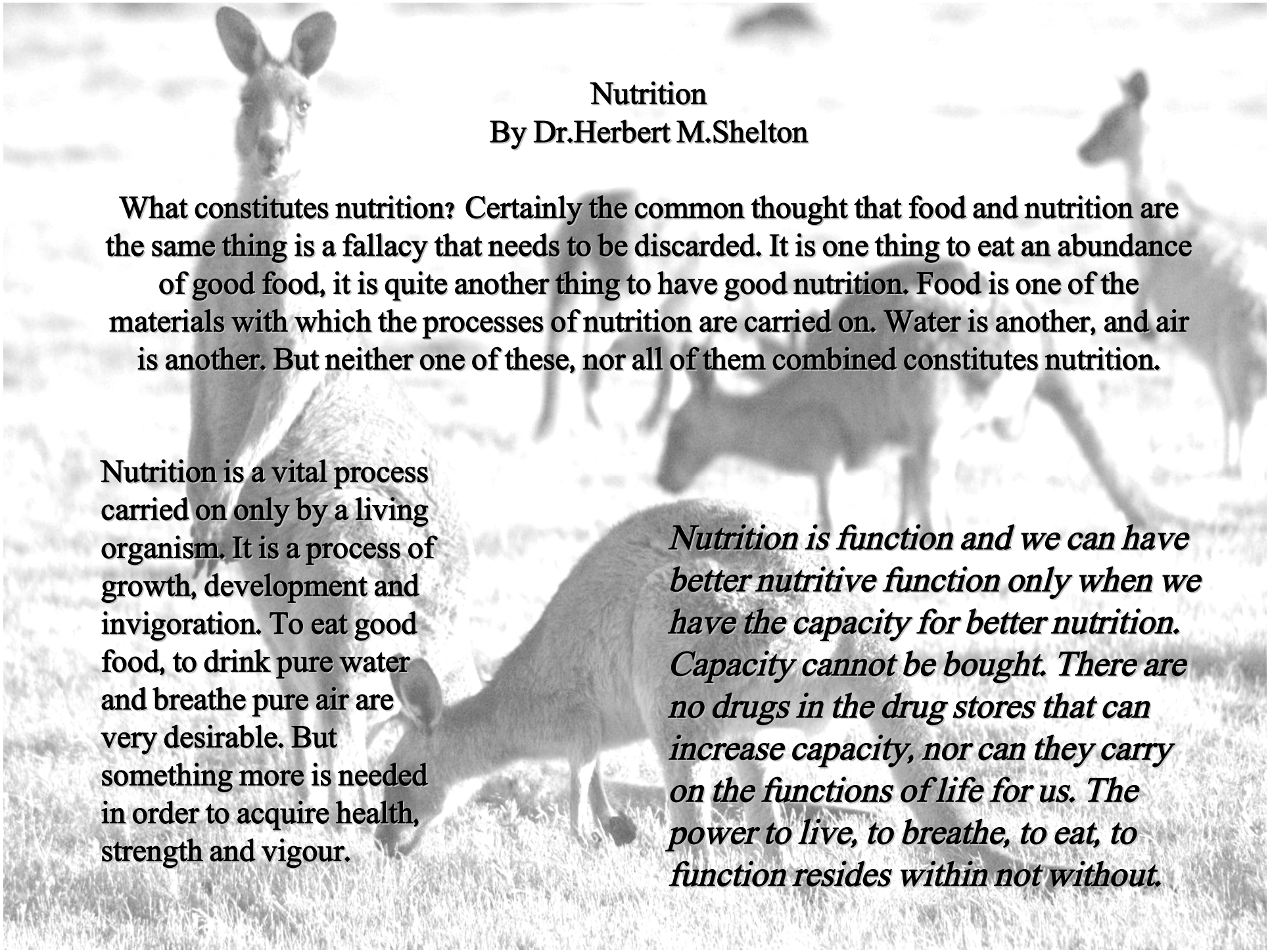
Compiled by Ariki J Mains.

‘Aspect’ is the key to economic success for all. Respect, is the ‘constraint’ required to husband the resources available to us.

‘Remember! energy cannot be created, nor destroyed. However its full Potential can be lost, through indiscriminant action, bought about buy Want, not Need!’



‘The most economical nutrition, comes from the garden.’



Nutrition

By Dr.Herbert M.Shelton

What constitutes nutrition? Certainly the common thought that food and nutrition are the same thing is a fallacy that needs to be discarded. It is one thing to eat an abundance of good food, it is quite another thing to have good nutrition. Food is one of the materials with which the processes of nutrition are carried on. Water is another, and air is another. But neither one of these, nor all of them combined constitutes nutrition.

Nutrition is a vital process carried on only by a living organism. It is a process of growth, development and invigoration. To eat good food, to drink pure water and breathe pure air are very desirable. But something more is needed in order to acquire health, strength and vigour.

Nutrition is function and we can have better nutritive function only when we have the capacity for better nutrition. Capacity cannot be bought. There are no drugs in the drug stores that can increase capacity, nor can they carry on the functions of life for us. The power to live, to breathe, to eat, to function resides within not without.


Food is inert substance and therefore has no power to make living organisms. It cannot act, but is acted upon. The living organism uses what it can of the food consumed and rejects the rest. A large supply of food does not increase the digestive and assimilative capacity of the invalid.
Food is of value only in its physiological connections with air, water, sunshine, rest and sleep, exercise and activity, cleanliness and wholesome mental and moral influences. In short, all the natural or normal circumstances, which we know to be necessary for preservation of health.
Instead of studying nature and her laws, with the idea of using her laws, conditions and materials constructively, we seem to study her in an effort to discover how to cheat her. We seek not to obey the laws of life but to disobey them.

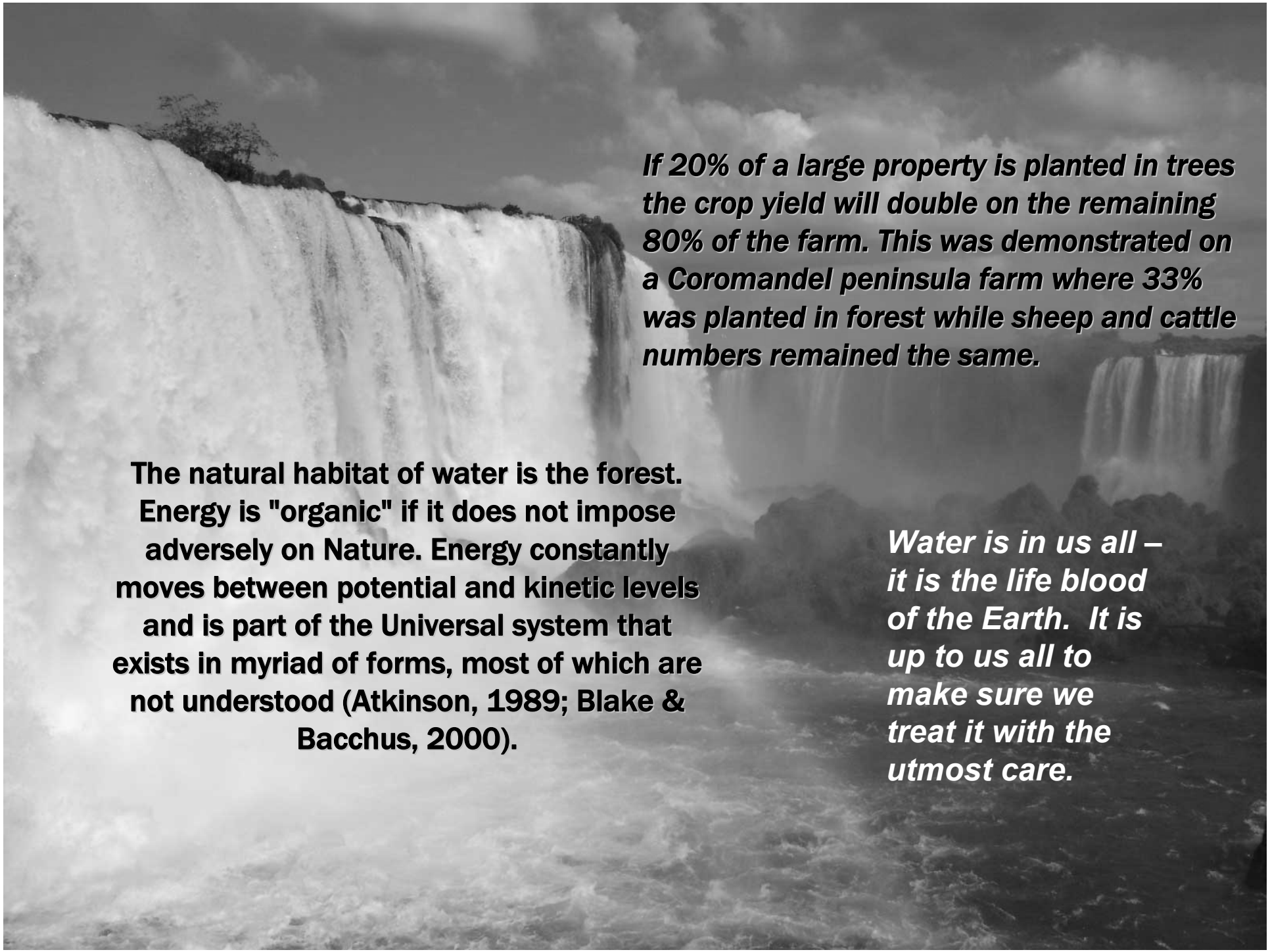
Nutrition Revisited!

We cure disease by building health, and we destroy health by building disease, by bad habits.

We gain our physical strength from the process of breaking down the food we eat. The more vital our food, the more it stimulates our own activity. Thus, Biodynamic farmers and gardeners aim for quality, and not only quantity.

Steiner emphasized the absurdity of agricultural economics determined by people who have never actually raised crops or managed a farm.

'Biodynamics' is a science of life-forces, a recognition of the basic principles at work in nature, and an approach to agriculture which takes these principles into account to bring about balance and healing. In a very real way, then, Biodynamics is an ongoing path of knowledge rather than an assemblage of methods and techniques.



If 20% of a large property is planted in trees the crop yield will double on the remaining 80% of the farm. This was demonstrated on a Coromandel peninsula farm where 33% was planted in forest while sheep and cattle numbers remained the same.

The natural habitat of water is the forest. Energy is "organic" if it does not impose adversely on Nature. Energy constantly moves between potential and kinetic levels and is part of the Universal system that exists in myriad of forms, most of which are not understood (Atkinson, 1989; Blake & Bacchus, 2000).

Water is in us all – it is the life blood of the Earth. It is up to us all to make sure we treat it with the utmost care.

The diverse, highly structured, mature forest produces the best supply and quality of water.

Plant Life Is Intimately Bound Up with the Life of the Soil
Biodynamics recognizes that soil itself can be alive, and this vitality supports and affects the quality and health of the plants that grow in it. Therefore, one of Biodynamics fundamental efforts is to build up stable humus in our soil through composting.

Water is What?

Water is life but is it living? The nemonic MRS GREN reminds us that to be alive we must be mobile, respire, sensitive, grow, reproduce, excrete and eat (nutrition). Water does not meet all these requirements, but without it we die.

Water is living by virtue of its role as the basis for life. By renouncing any form of its own it creates the matrix for form in everything else. By not meeting the requirements of MRS GREN it becomes the primal substance of all life. By not being materially fixed it implements material change, and by lacking rhythm of its own it creates rhythm elsewhere. In all cultures water has been held sacred as a magical transforming substance "water of life" (Schwenk & Schwenk, 1989).

By virtue of its mobile, neutral and solvent properties, water almost always contains other substances. Should the human body drink only pure water (obtained by distillation), then the water will seek out body nutrients and deprive the body of essential resources.

Water is as vital to the regulation of climatological and weather processes as oxygen is to the breathing processes of living creatures; without it, everything would become a desert. (Schwenk and Schwenk, 1989).

A Vortex Flowform creates a strongly oxygenating figure 8 rhythmical flow of water, which turns inwards on itself and flow through deep central vortices down into the next Flowform in a cascade series. It creates right hand and left hand vortices which fall into a chaos chamber before flowing into the next rhythmical figure 8 chamber.

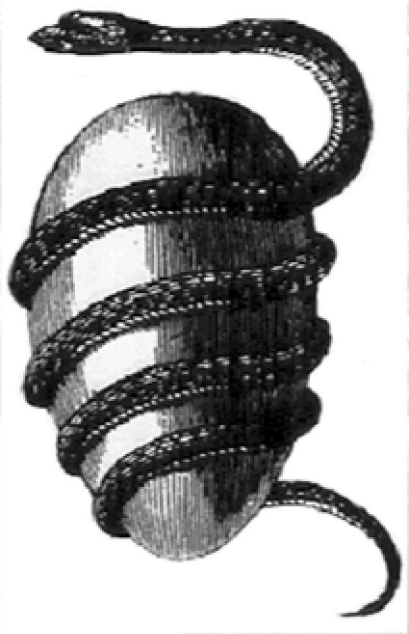
The water properties of forest species are an essential part of any sustainable land-use system, together with all the other forest attributes. Forest management must also protect the photosynthetic process on which all life depends. Long-term removal of forest will lower water tables and increase surface temperatures.

Water quality is difficult to define because it means different things to different people. Hoare and Rowe, (1992) make an interesting observation when they say that Maori are more concerned with the process water takes through the environment rather than what is in it, unlike the scientist. ***Maori developed the concept of Mauri by observing what happened in Nature. They lived by this, whereas most scientists analyse water by breaking it up to its physical, chemical and biological parts, which is contrary to the holistic processes of Nature and Maori.***

From an organic perspective, the aim is to achieve water quality that generally coincides with that set by Nature for the particular catchment. Maoris' lack of understanding of water chemistry was not a problem. High nitrate levels, for example, did not exist and therefore did not concern them. If water supplies were drawn from fast flowing streams and springs, possible contamination would be minimal. Thermal springs would provide medicinal, bathing and cooking benefits and were not normally used for drinking.

Maori had to work with Nature and developed techniques that were sustainable. Many lakes for example were named after their water quality.

At a Pa site, three water qualities were recognised: wainoa = excellent water quality; waimauri = common use quality; waitapu = sacred quality. Eels played an important part in maintaining water quality (T Winitana. *pers. com.*).



Sosei *Water treatment process, which produced H_3O_2- or anionic water--pure water but water enriched by mono-valent OH- ions. This meant that even though it was so mild in its action that you could drink it, nonetheless it was so powerful a solvent and so effective at freeing up cations that it could take the place of soaps, shampoos, detergents of all kinds, even dry cleaning fluids such as perchlorethylene (aka Perc = the cleaning solvent most used in dry cleaning, a serious chlorofluorohydrocarbon [CFC] threatening polar ozone).*

Water is the cradle of genesis: it is the liquid plasma that incubated life, without it there would be no life on our planet. Earth, along with humans and animals, is composed of 75% water; plants can reach up to 98%.

Biodynamic gardening uses a method of stirring the water to create a vortex and collapses it repeatedly to charge it. It is based on an old system called 'Singing Over The Water' which gives great results in farming.

More than half the world species still live in water. Our human birth actually begins at conception and for the first nine months, we develop and float in a wet, watery womb. Sound is very conductive in water and becomes the most prominent sense experienced by the fetus. A whale from the North Atlantic can hear another one calling from the South, thousands of kilometers away.

The Hunza have the longest lifespan in the world and this has been traced as related to the water that they drink and their natural diet. Hunza water is an example of perfect natural water. Hunza has people who routinely live to 120-140 years, in good health with virtually no cancer, degenerative disease, dental caries or bone decay.

Hunza people remain robust and strong and are also able to bear children even in old age. Research has proven conclusively that the major common denominator of the healthy long-living people is their local water.

The novelist Tobias Smollett expressed his view in 1771.
"If I would drink water, I must quaff the mawkish contents of an open aqueduct, exposed to all manner of defilement, or swallow that which comes from the River Thames impregnated with all the filth of London and Westminster. Human excrement is the least offensive part … which is composed of all the drugs, minerals, and poisons used in mechanics and manufacture, enriched with the putrefying carcasses of beasts and men, and mixed with the scourings of all the wash-tubs, kennels, and common sewers within the bills of mortality".

On the other hand a House of Commons committee in 1820, pronounced the water to be 'very superior to that enjoyed in every other city in Europe' – this only twelve years before London's first cholera outbreak

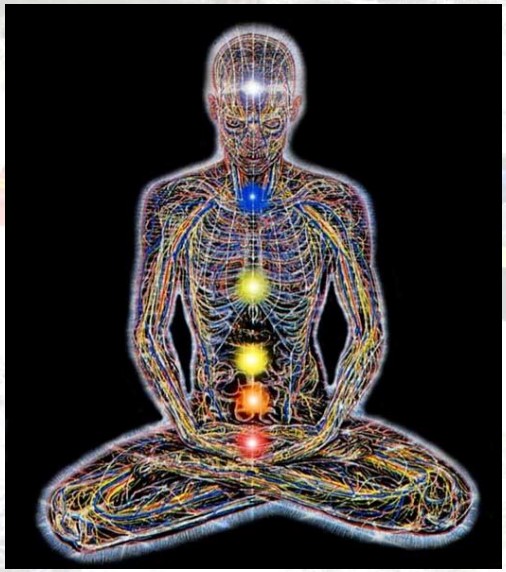
Conditions throughout the world are such that every year (1996 data) more than five million people die from illness related to unsafe drinking water, unclean domestic arrangements and poor sanitary practice.

… two versions of the Canada that I know. One is a corporate governing system that tells you that they are going to manage our water like they've done to the earth, where industry dissects and pollutes to the point of no return. The other is a nation that still clings to belief in the sacredness of the land, the free spirit of the water and the true sources that feed the real people, forever and ever. Amen.

Let us leave a living legacy

Meeg-Weech,

Eloise Charet



We need to take care of water as if our lives depended on it – which it certainly does, and not just treat it as just a carrier for removing our wastes. We have all come to realise that pure fresh water is a precious commodity, and we are already buying sanitized, but "lifeless" water in the supermarket, as we know that what comes out of the tap at home is indeed inferior to what we find in a mountain stream.

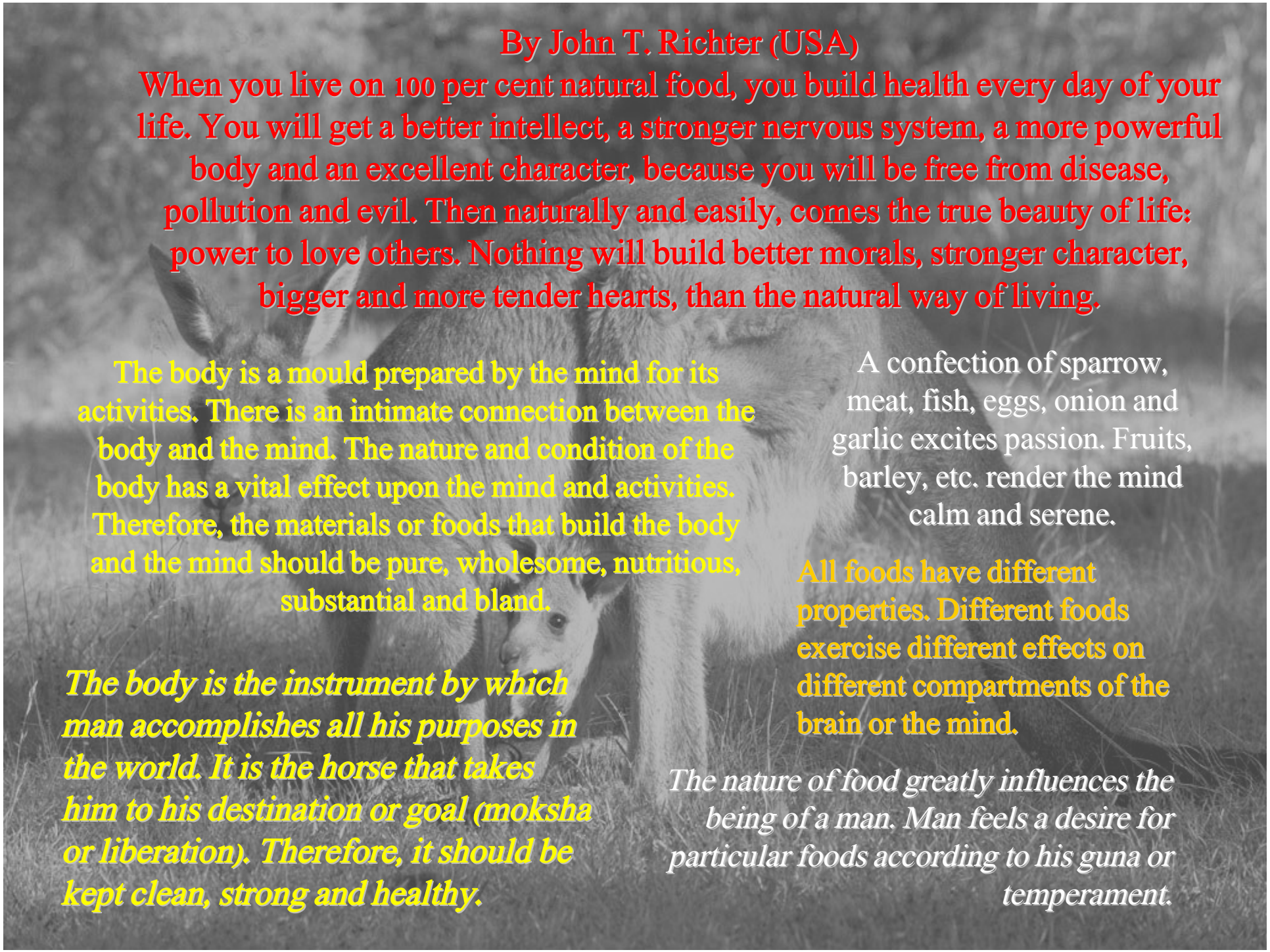
"Mind is surely made of food, vital force is made of water, and speech is made of fire"- -Chandogya Upanishad VI.6.5

London.- Milk reheated in microwave ovens could damage baby's brains, scientists say, because rapid reheating can turn harmless milk proteins into poisons.

And adults could be at risk from the same poisons when food such as pizzas, curries and quiches are recooked.

The warning comes from a respected team of Viennese researchers led by Dr.Gerd Lubec. They say microwaves can turn milk proteins into a variation of amino Acids, which the bodies of young babies cannot absorb.

The report warns of Microwave Poison Risk. Microwaved Food carries a higher risk of food poisoning than conventionally cooked meals. Yet in spite of the use of a microwave in nearly half of all British Households, 97% of people are unaware of the potential health risk, says Report in the Food Magazine.



By John T. Richter (USA)

When you live on 100 per cent natural food, you build health every day of your life. You will get a better intellect, a stronger nervous system, a more powerful body and an excellent character, because you will be free from disease, pollution and evil. Then naturally and easily, comes the true beauty of life: power to love others. Nothing will build better morals, stronger character, bigger and more tender hearts, than the natural way of living.

The body is a mould prepared by the mind for its activities. There is an intimate connection between the body and the mind. The nature and condition of the body has a vital effect upon the mind and activities. Therefore, the materials or foods that build the body and the mind should be pure, wholesome, nutritious, substantial and bland.

The body is the instrument by which man accomplishes all his purposes in the world. It is the horse that takes him to his destination or goal (moksha or liberation). Therefore, it should be kept clean, strong and healthy.

A confection of sparrow, meat, fish, eggs, onion and garlic excites passion. Fruits, barley, etc. render the mind calm and serene.

All foods have different properties. Different foods exercise different effects on different compartments of the brain or the mind.

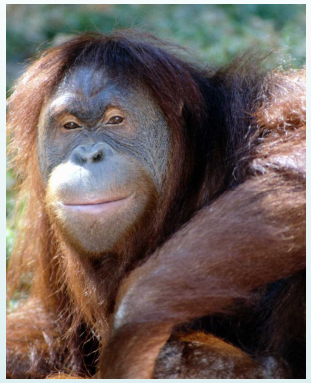
The nature of food greatly influences the being of a man. Man feels a desire for particular foods according to his guna or temperament.

As a biodynamic farmer, I'm aware that all life processes take place between the opposite polarities of lime and silica. Clay, whose basis is aluminum, lies in between these polarities and acts as a sink for life forces.

The philosophy and study of the body as a manifestation of consciousness now provides a physical foundation for psychology and psychiatry through the concepts of cellular memory.

Many folks are aware that food wrapped in aluminum foil rapidly becomes depleted of life forces. However in the soil, with it's covering of organic matter, the aluminum in clay acts as a life energy reservoir, attracting and building up life energy.

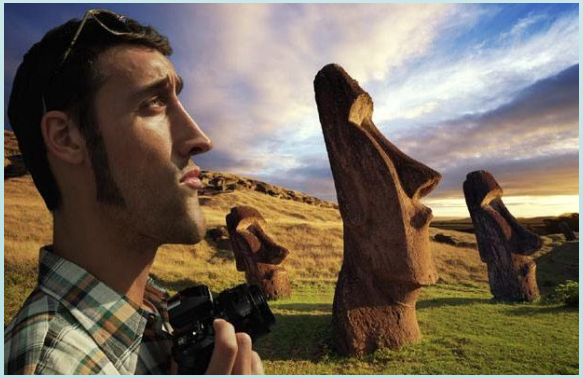
At this time in history we are at the cross roads of a paradigm shift in the way that we view the world around us.



In Western society we are moving away from the century old allopathic model of medicine of anaesthetising pain or cutting it out, and reaching toward a more integrative approach to healing, of 'functional medicine' through balancing lifestyle, good nutrition, spirituality and vital energy necessary for good health.

Prevention is indeed better than the cure.

Biological, mechanical and chemical processes are no longer absolutely repeatable in double blind studies. The notion of spirit, energy transfer and quantum physics renders the scientific model as we know it increasingly obsolete.



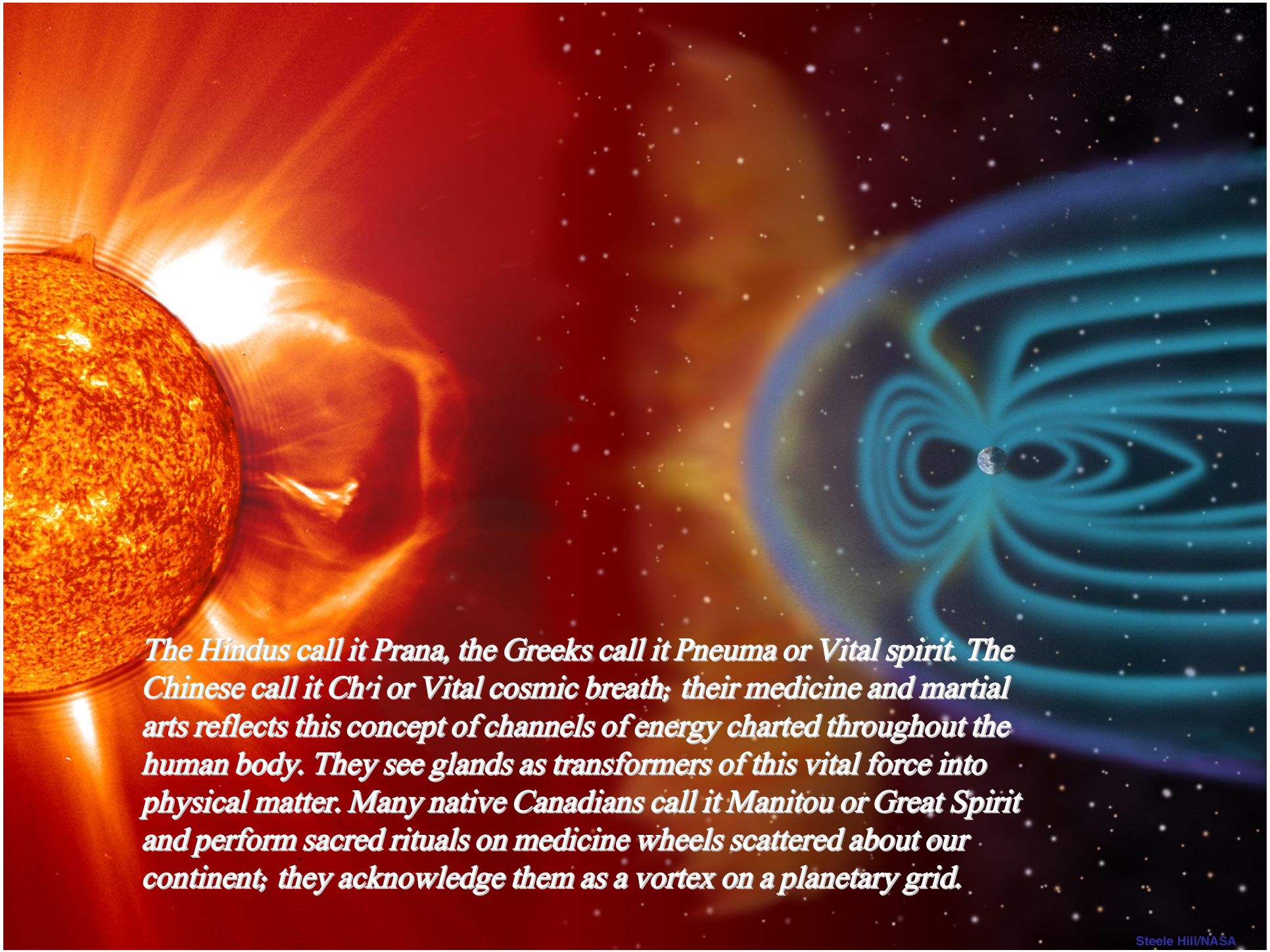
In nature, each individual pattern is sustained by the whole through its latent powers of attraction within its own electro-magnetic energy field, which is reliant upon its seed pattern keynote. This keynote is the central core of its creative energy field as an individual, separate being, endowed with consciousness and awareness and potential for growth.

The general practice of today is grossly physical rather than 'atomic' in its principle and application. This means that many modern physicians work mainly with symptomatics - treating usually just the symptoms and NOT the underlying cause.

Scientific focus on the implications of chemistry and 'curing' symptoms appears to have blinded us to another vital component of our being. The idea of energy fields in action through physiological functions, according to the finer lines of force and mind energy patterns, is not yet generally accepted.

They perceive the magnetic lines of the earth and understand that all veins, water, mineral and oil, form in alignment with these energetic currents.

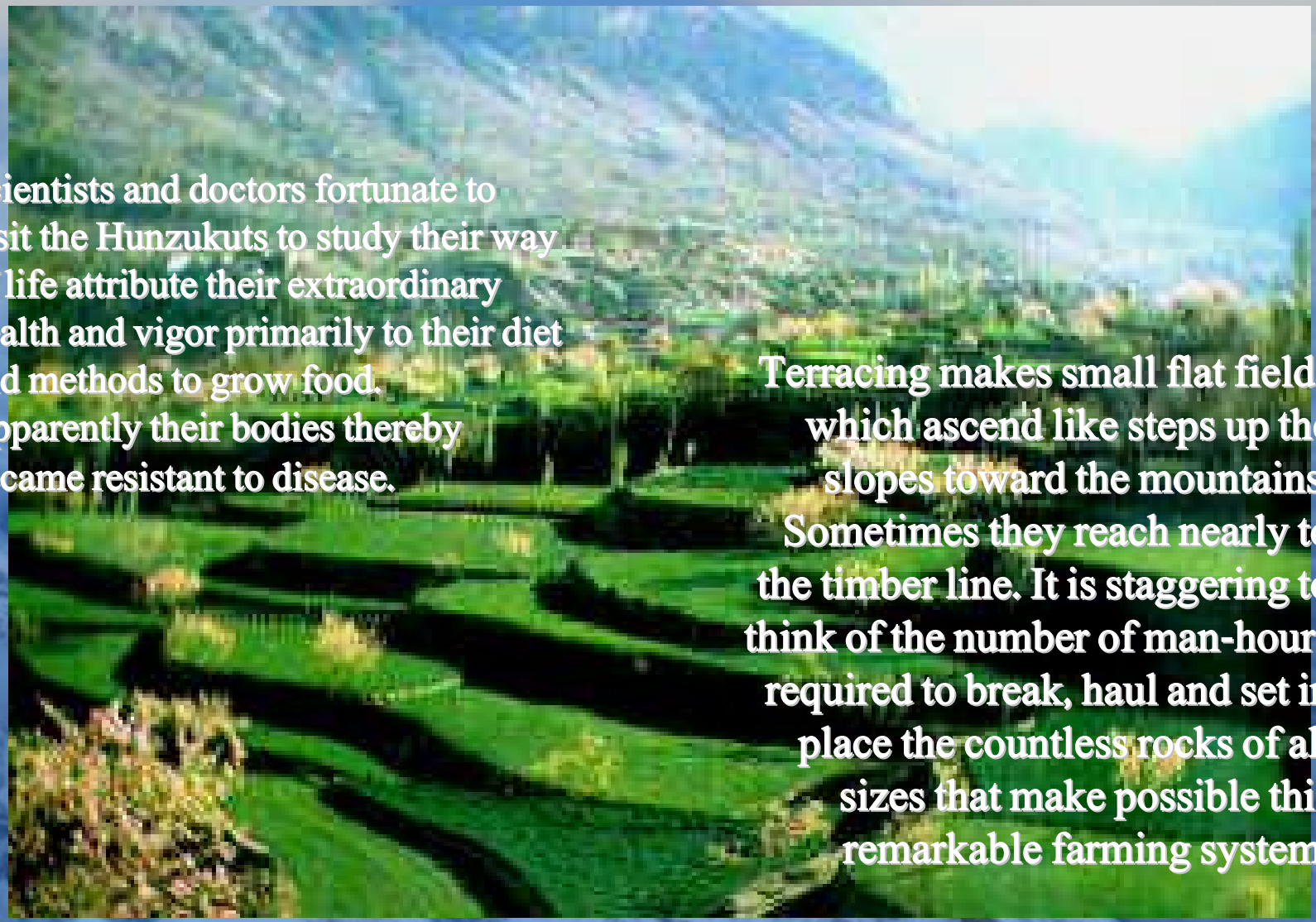
Fig. 1-1. The star tetrahedral field that surrounds each of us.


The Hindus call it Prana, the Greeks call it Pneuma or Vital spirit. The Chinese call it Ch'i or Vital cosmic breath; their medicine and martial arts reflects this concept of channels of energy charted throughout the human body. They see glands as transformers of this vital force into physical matter. Many native Canadians call it Manitou or Great Spirit and perform sacred rituals on medicine wheels scattered about our continent; they acknowledge them as a vortex on a planetary grid.
Steele Hill/NASA

Men who live 120 years and father children at age ninety.....
Women of eighty who look no older than our women of forty.....
Hunzukuts, fabulous mountain people of the little kingdom of Hunza, high in Himalaya Mountains of Pakistan, lived in isolation for 2,000 years, and evolved a way to live, eat, think, and exercise that greatly lengthens their lifespan, and dramatically reduces illnesses which "civilized" people suffer.

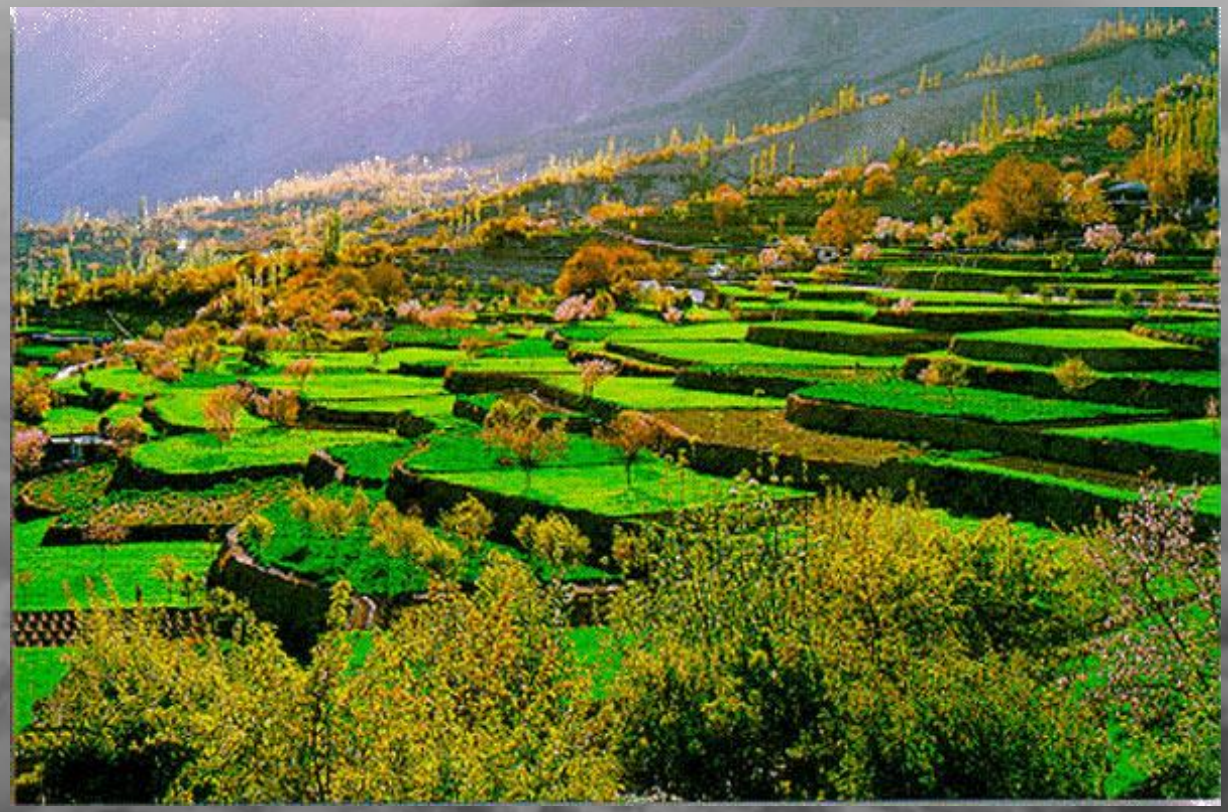
Renewal of spirit and of body is the goal of this unique guide to physical and mental harmony, based on the author's travels among the legendary Himalayan Hunza, who are reported to thrive to well over 120 years, and on her work as a disciple and instructor in the ancient traditions of Yoga. Renee explains the simple but enriching lifestyle of the Hunza.

They are Hunzukuts, citizens of Hunza—tiny, autonomous, with a population of 25,000, tucked between mountain peaks rising 10 to 19,000 feet above their fertile valley, only 18 miles from the borders of Russia, China and Pakistan.

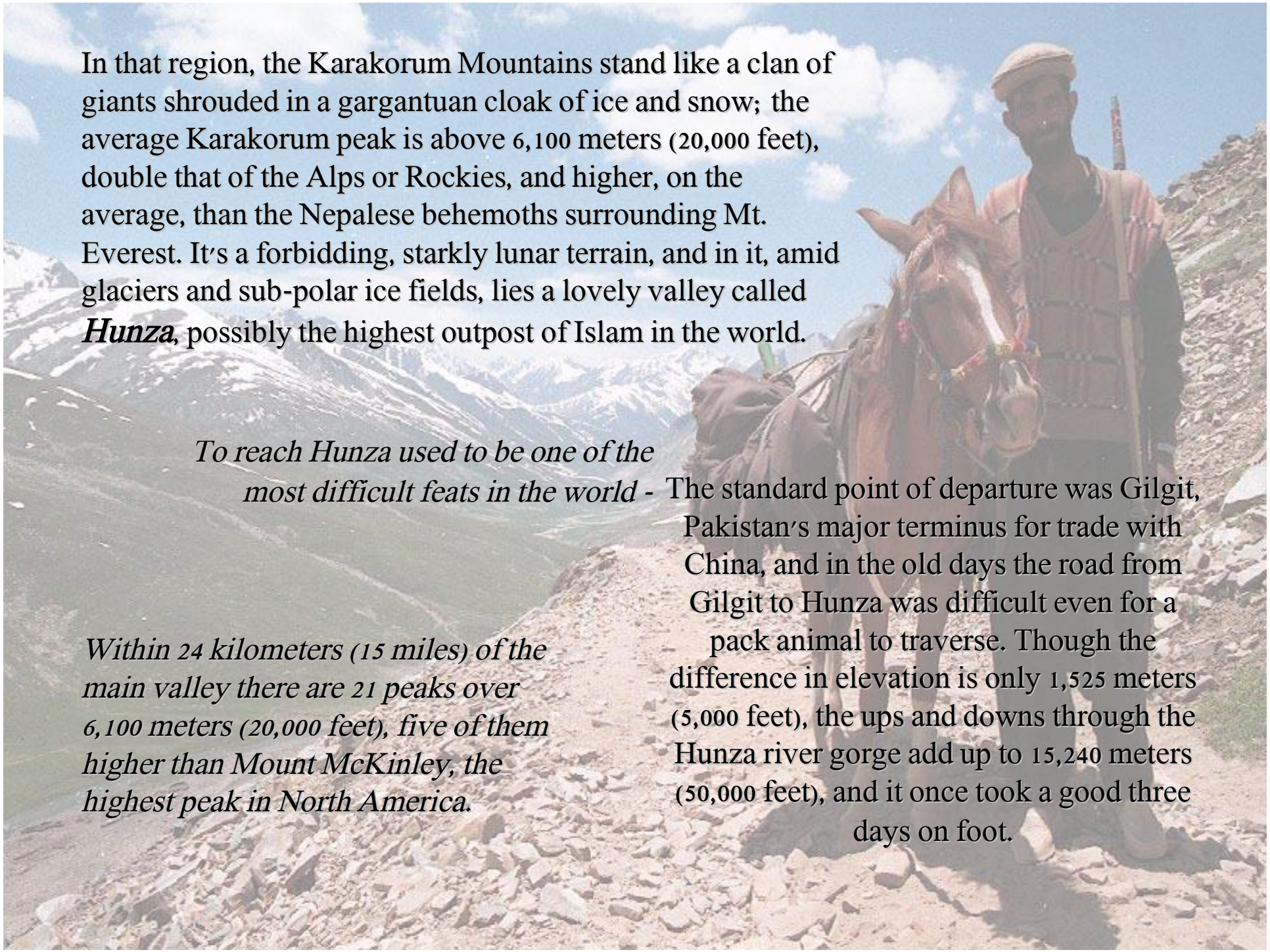


Scientists and doctors fortunate to visit the Hunzukuts to study their way of life attribute their extraordinary health and vigor primarily to their diet and methods to grow food. Apparently their bodies thereby became resistant to disease.

Terracing makes small flat fields which ascend like steps up the slopes toward the mountains. Sometimes they reach nearly to the timber line. It is staggering to think of the number of man-hours required to break, haul and set in place the countless rocks of all sizes that make possible this remarkable farming system.



Situated at an elevation of 2,438 metres, Hunza valley's tourist season is from May to October. The temperature in May is maximum 27 C and minimum 14 C. The October temperatures are: maximum 10 C and minimum 0 C.



In that region, the Karakorum Mountains stand like a clan of giants shrouded in a gargantuan cloak of ice and snow; the average Karakorum peak is above 6,100 meters (20,000 feet), double that of the Alps or Rockies, and higher, on the average, than the Nepalese behemoths surrounding Mt. Everest. It's a forbidding, starkly lunar terrain, and in it, amid glaciers and sub-polar ice fields, lies a lovely valley called ***Hunza***, possibly the highest outpost of Islam in the world.

To reach Hunza used to be one of the most difficult feats in the world - The standard point of departure was Gilgit, Pakistan's major terminus for trade with China, and in the old days the road from Gilgit to Hunza was difficult even for a pack animal to traverse. Though the difference in elevation is only 1,525 meters (5,000 feet), the ups and downs through the Hunza river gorge add up to 15,240 meters (50,000 feet), and it once took a good three days on foot.

Within 24 kilometers (15 miles) of the main valley there are 21 peaks over 6,100 meters (20,000 feet), five of them higher than Mount McKinley, the highest peak in North America.

I have never tasted fruit so sweet and delicious as that I enjoyed in the Hunza valley! Apricots are one of the staples of the native diet, but the trees are not like the ones we see in our orchards. They are allowed to grow for at least fifty years before the tops are cut off about twenty feet from the ground; then growth continues for an equal period.

My first experience with Hunza apricots, fresh from the tree, came when my guide picked several, washed them in a mountain stream, and handed them to me. I ate the luscious fruit and casually tossed the seeds to the ground. After an incredulous glance at me, one of the older men stooped and picked up the seeds. He cracked them between two stones, and handed them to me. The guide said, with a smile: "Eat them. It is the best part of the fruit." The seeds tasted much like almonds—very sweet and oily.

My curiosity aroused, I asked, "What do you do with the seeds you do not eat?" The guide informed me that many are stored, but most of them are ground very fine, and then squeezed under pressure to produce a very rich oil.

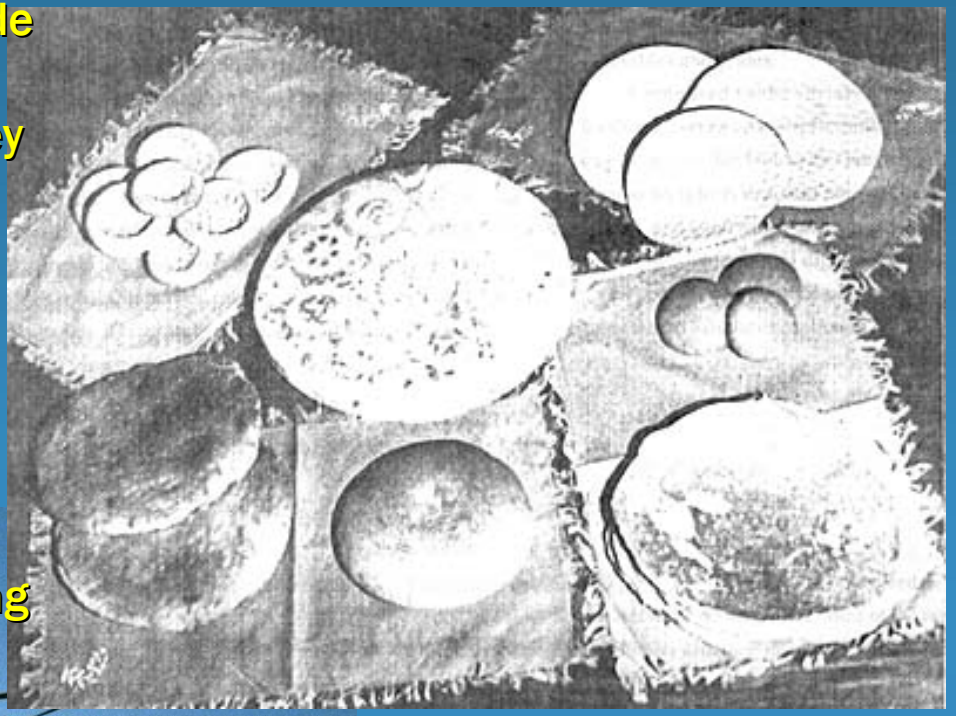
"This oil," my guide claimed, "looks much like olive oil. Sometimes we swallow a spoonful of it, when we need it. On special days, we deep-fry our chappatis in it.

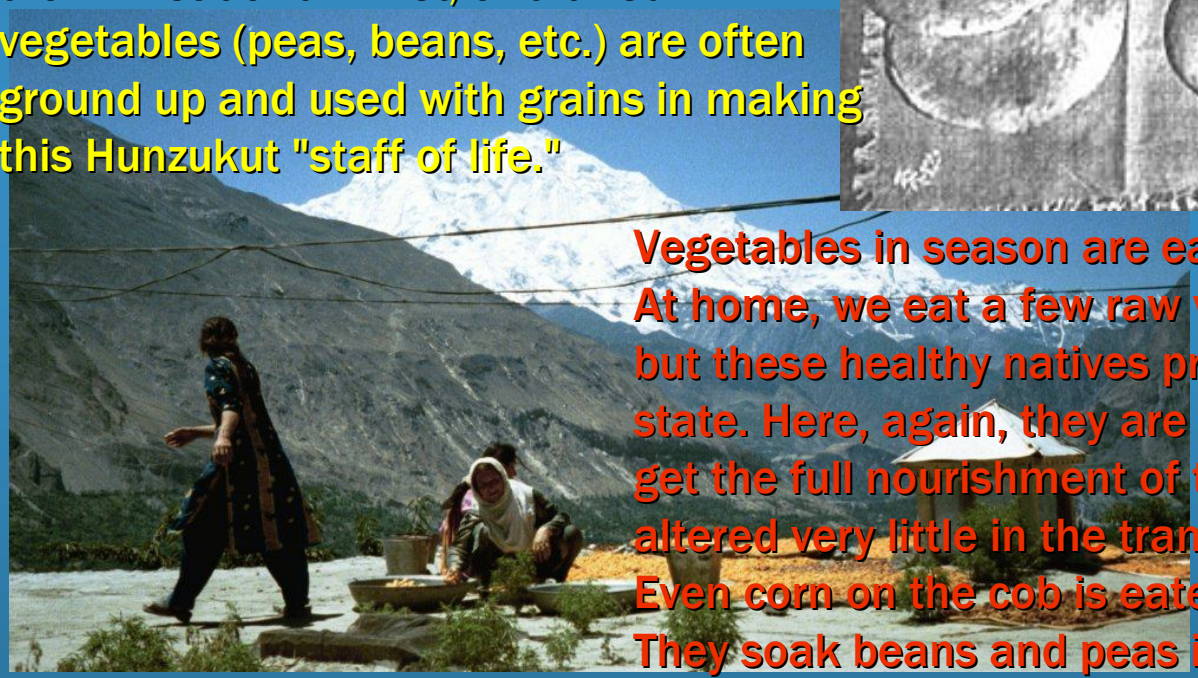
On festival nights, our women use the oil to shine their hair. It makes a good rubbing compound for body bruises. We also shine silverware with it."

Apricots and mulberries are dried in the sun to serve as food when the fresh fruit is not in season. Enough of this harvest is put aside for use throughout the fall and winter months. Dried apricots may sound unappetizing to the average person in the United States, but there is nothing unpalatable about this fruit when it is eaten in Hunza.

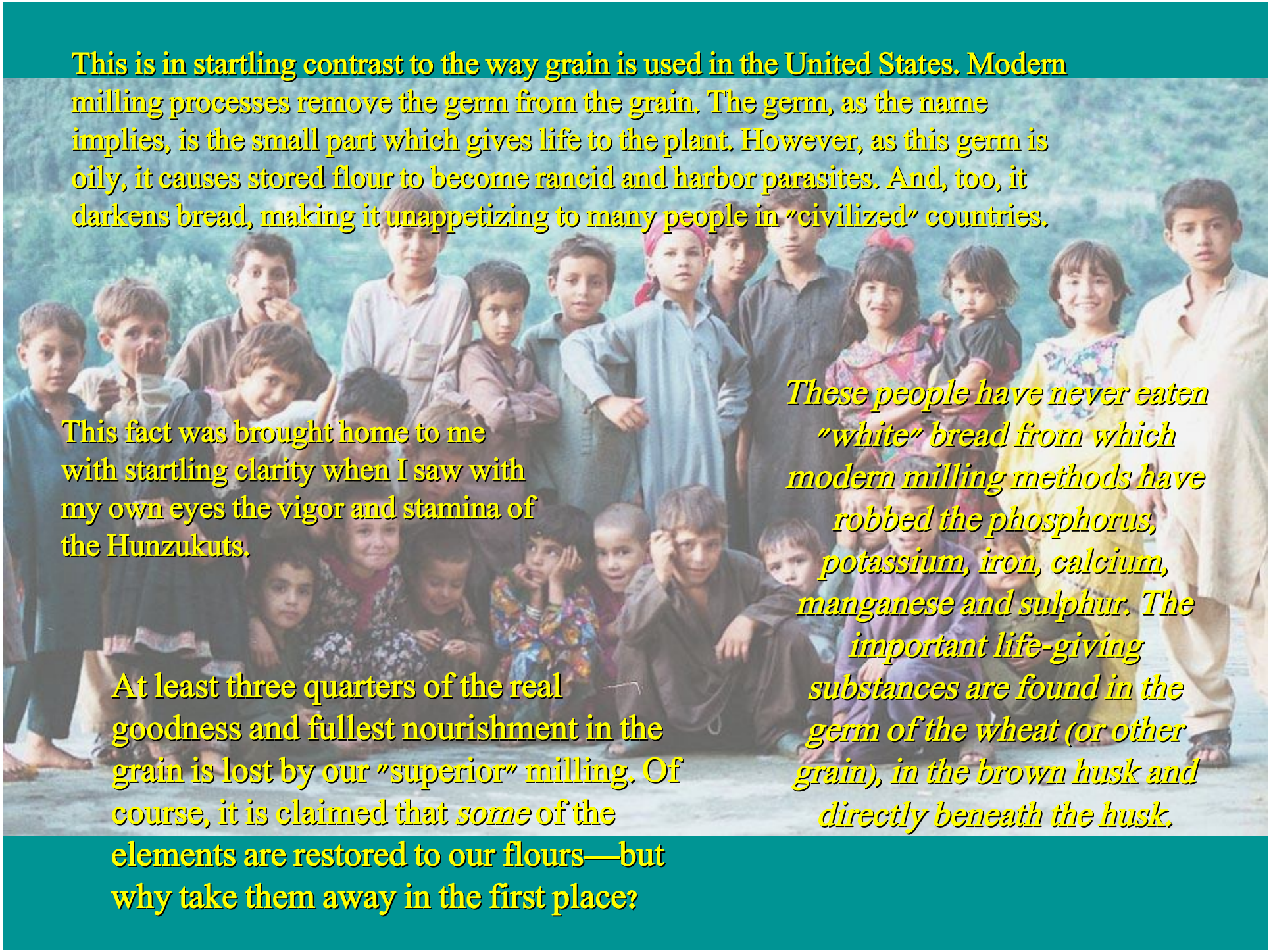
After the dried fruit has been soaked in water overnight, it resumes its original size and is just as sweet and delicious as the day it was picked from the tree. These apricots, cooked with stone-ground oatmeal and milk, and served hot, are the main dish at many a meal. Sugar is unknown in Hunza, and importation of this sweetener is not a problem, because Hunza fruits are rich in natural sweetness. Candidly, I found them somewhat too sweet.

The ubiquitous ***chappati*** is generally made of wheat or millet, baked or deep-fried, and served with accompanying food. They are very tasty, especially in their fancier forms, and their nourishing qualities far outshine those of our bread because the natural goodness is not lost in milling. Chappatis can be made of other grains than wheat and millet, and dried vegetables (peas, beans, etc.) are often ground up and used with grains in making this Hunzukut "staff of life."





Vegetables in season are eaten raw by the Hunzukuts. At home, we eat a few raw vegetables (as in salads), but these healthy natives prefer the food in its raw state. Here, again, they are smarter than we are. They get the full nourishment of the plant, because it is altered very little in the transfer from soil to table. Even corn on the cob is eaten raw in the milk stage. They soak beans and peas in water for one or two days, and then spread the seeds out on wet cloths in the sun. They are eaten raw when they begin to sprout.



This is in startling contrast to the way grain is used in the United States. Modern milling processes remove the germ from the grain. The germ, as the name implies, is the small part which gives life to the plant. However, as this germ is oily, it causes stored flour to become rancid and harbor parasites. And, too, it darkens bread, making it unappetizing to many people in "civilized" countries.

This fact was brought home to me with startling clarity when I saw with my own eyes the vigor and stamina of the Hunzukuts.

These people have never eaten "white" bread from which modern milling methods have robbed the phosphorus, potassium, iron, calcium, manganese and sulphur. The important life-giving substances are found in the germ of the wheat (or other grain), in the brown husk and directly beneath the husk.

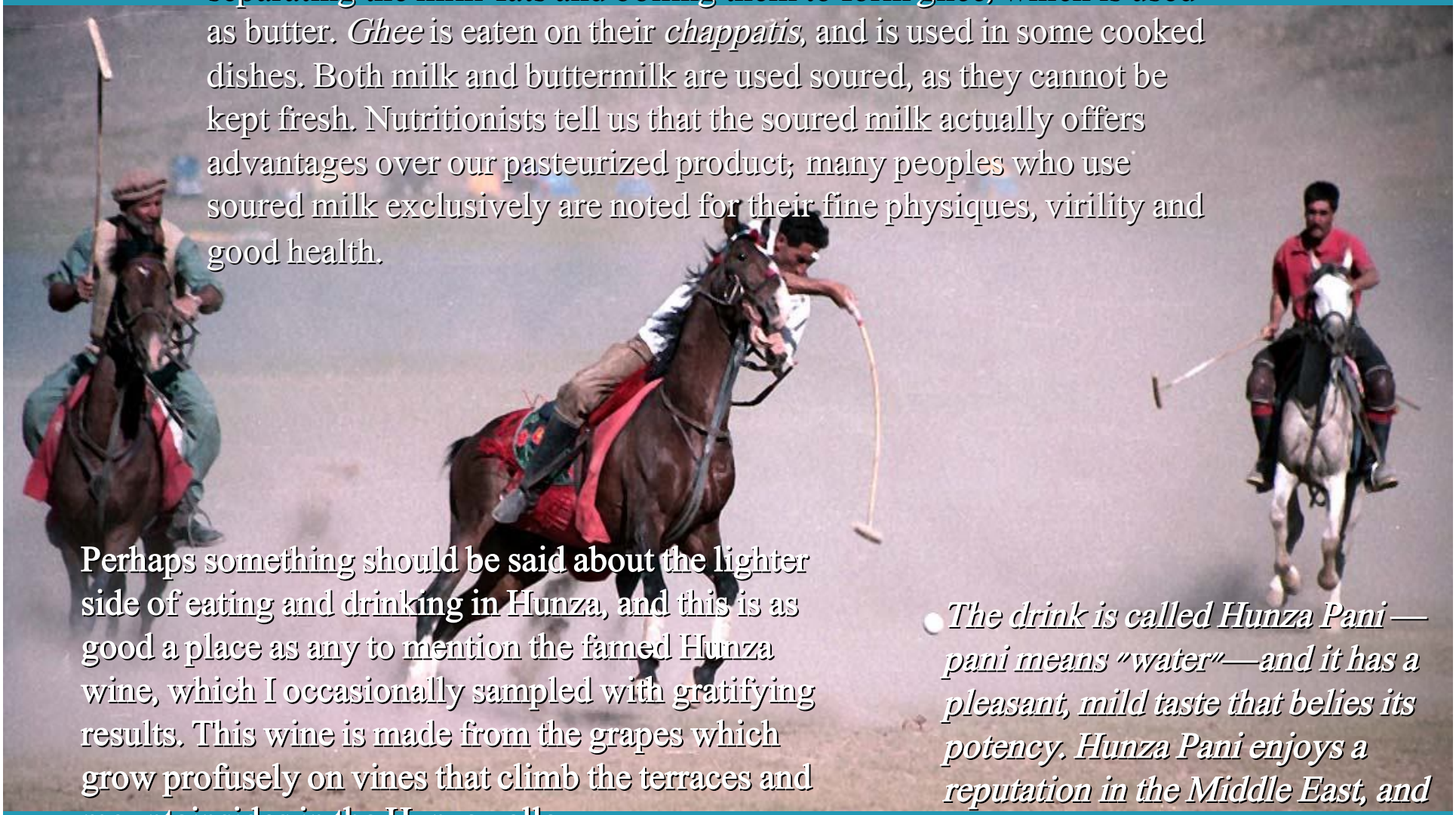
At least three quarters of the real goodness and fullest nourishment in the grain is lost by our "superior" milling. Of course, it is claimed that *some* of the elements are restored to our flours—but why take them away in the first place?

Vegetables are cooked by boiling in covered pots—a method comparable to our steaming. Very little water is used and this is replenished in small quantities as required. The water in which the vegetables are cooked is drunk at the time the food is eaten, or saved for future consumption. This, again, is a wise custom, because much of the food value of the vegetables is concentrated in the water in which they are cooked.

Vegetables, whether eaten raw or cooked, are not scrubbed so thoroughly as is our custom; consequently the vital health-giving skins are eaten advantageously. About twenty per cent of the food eaten in Hunza is cooked; the balance is eaten in its natural state.

Meat dishes are predominantly stews, which simmer until tender in large kettles with such whole grains as millet, wheat, barley and corn. During the latter part of the cooking, fresh vegetables are added to make a mutton stew, a real treat for the Hunzukuts.

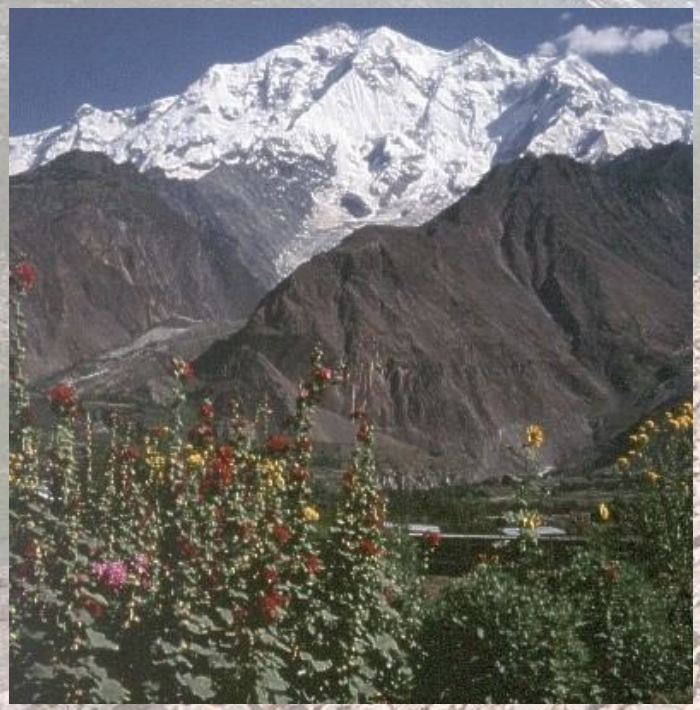
These sturdy people, of necessity, follow the oriental method of separating the milk-fats and boiling them to form *ghee*, which is used as butter. *Ghee* is eaten on their *chappatis*, and is used in some cooked dishes. Both milk and buttermilk are used soured, as they cannot be kept fresh. Nutritionists tell us that the soured milk actually offers advantages over our pasteurized product; many peoples who use soured milk exclusively are noted for their fine physiques, virility and good health.



Perhaps something should be said about the lighter side of eating and drinking in Hunza, and this is as good a place as any to mention the famed Hunza wine, which I occasionally sampled with gratifying results. This wine is made from the grapes which grow profusely on vines that climb the terraces and mountainsides in the Hunza valley.

The drink is called Hunza Pani — pani means "water"—and it has a pleasant, mild taste that belies its potency. Hunza Pani enjoys a reputation in the Middle East, and almost everyone is eager to get it.

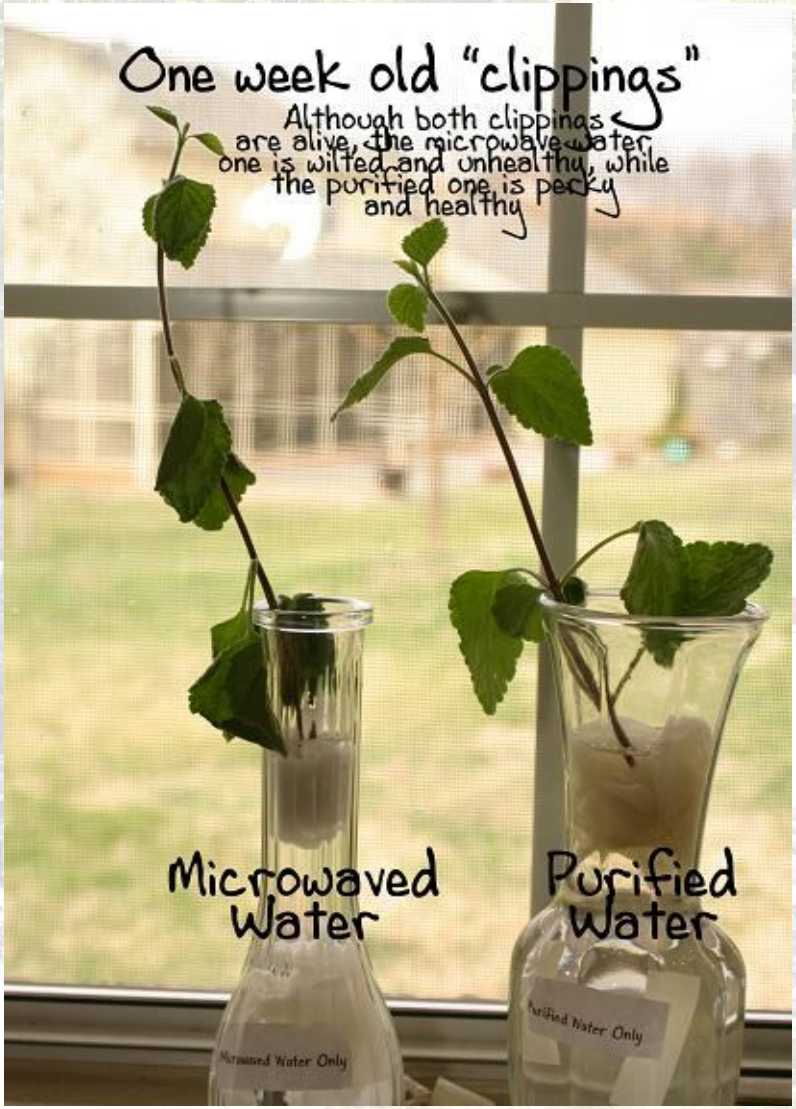
Until the 1960s, the Hunza Valley remained almost as isolated as it had been in Biddulph's day. Then, in 1961, a rough track, passable by jeep, was built and by the time I reached Gilgit as *Aramco World's* correspondent in late 1981, things had changed radically. In less than three hours I drove to Hunza in a pickup truck at 112 kilometers an hour (70 mph) on the now famous Karakorum Highway.



"Hunza is not the same since the Karakorum Highway invaded our quiet lives," Beg said. "Before, no one even locked their doors. Theft was unheard of. Before, the social pressure to be honest was strong. Besides, there was little money to steal. Now everyone chases after money to buy or ruin their health eating canned food from Karachi. Every year there is more crime. Only 10 years ago we had no jail or police! But the saddest part is that Hunza people are forgetting their own culture. We used to share everything.

Mrs. Rattallack ran a series of trials with sweet corn, squash, petunias, zinnias and marigolds. Under controlled experiments, playing of rock music caused some of the plants at first to grow either abnormally tall and put out excessively small leaves, or remain stunted. Within a fortnight all the marigolds had died, but only six feet away identical marigolds, enjoying the classical strains by Hayden, Beethoven, Brahms, Schubert etc., were flowering.

More interestingly, Mrs. Rattallack found that, even during the first week, the rock music-stimulated plants were using much more water than classically entertained vegetation. Despite this an examination of the roots on the eighteenth day revealed that soil growth was sparse in the well watered group, averaging only about an inch, whereas in the second, it was thick, tangled and about four times as long.



The plants were genetically identical, they were produced from grafts from the same parent plant, so that variable can be eliminated.

Our thanks to Marshall Dudley of Knoxville, TN for sharing his grand daughter, Arielle Reynolds' experiment with us. Both Arielle's mother, Christina, and Grandpa Have much to be proud of. Congratulations, Arielle, well done!

Below is a science fair project that my granddaughter did for 2006. In it she took filtered water and divided it into two parts.

The first part she heated to boiling in a pan on the stove, and the second part she heated to boiling in a microwave. Then after cooling she used the water to water two identical plants to see if there would be any difference in the growth between the normal boiled water and the water boiled in a microwave. She was thinking that the structure or energy of the water may be compromised by microwave. As it turned out, even she was amazed at the difference.


Day One – Pruned back
to record new growth
Microwaved
Water
Purified Water


Day three
Microwaved
Water
Purified Water


Day five
Microwaved
Water
Purified Water


Day seven
Microwaved Water Only

Here's a simple test I just read about which coincides with Walt's comments: Plant some seeds in 2 pots. Water one with the cooled water that was microwaved and one that's from the tap.

The seeds watered from the microwaved water will not sprout. I tried this comparing microwaved water as compared to conventional heating and it's true - the microwaved water prevented the seeds from growing! There is something to this. After having used a microwave for 15 years religiously, I finally stopped 2 1/2 years ago after doing some research. There is a wealth of info on the net about how microwaved food is chemically altered, etc. I just figured why not err on the side of caution and use other means of cooking. I use a flashbake oven which uses halogen light technology. The seeds sprouted when using water from this oven.
- Posted by Gregory

"For 28 years I suffered with a skin affliction known as psoriasis. My entire body, from the top of my head to the soles of my feet, was covered with large blotches, which were covered with scale like formation. I consulted many doctors, and in this way spent much money, but my condition grew steadily worse.

Then I heard of Dr. Clements and I was told that he was very successful in securing marvelous results in all sorts of ailments, and especially in chronic ailments of long standing. I also learned that he gave no drugs, but employed only the simple agencies of Nature in his work. This was a new kind of doctor to me, and coupled with the remarkable stories I heard of his work, I was anxious to see what he could do for me. So I lost no time in going to him.

www.merckmedicus.com/.../white-ch-004-s001.htm

Think of my surprise when I say that Dr. Clements did not proceed to make the long, tiresome and expensive examinations, which are the customary practice with medical men. Dr. Clements simply looked at the eruptions on my arms and body, then asked me how long I had been in that condition, what I had done for it, and what my habits were as to eating, drinking and so on.

I confessed to him that I had been a heavy eater of meats and pastries, - but whoever had any idea such foods have anything to do with an eruption on the skin? Do not physicians advise patients to eat plenty of good, nourishing food? And are meats and pastries not such food?
I also confessed that I smoked cigarettes, and occasionally drank whisky and other alcoholic drinks.

What did Dr. Clements prescribe? Well, I had anticipated something wonderful, something extra-ordinary; so when he told me what to do, it was such a shock that I know just how Naaman must have felt, when Elisha sent a messenger unto him, saying: "Go and wash in Jordan ... and thou shalt be clean."
Dr.Clements merely advised me to eat only uncooked foods, drink only water, quit smoking and drinking, and observe all the habits of health such as exercise, cleanliness, sunshine etc. He told me that by these methods we build health, and that as we build health we cure disease.

One more week went by, as I said. And what began to happen in that week? Could it be possible? Yes, it was true. The irritation was growing fainter. The large ugly red blotches, which had covered my flesh from childhood, were growing pale and smaller. The scale-like formation was gradually disappearing. The new skin was smooth and considerably clearer, and the itching, burning sensation, which used to grow so marked when I perspired, was growing less and less.

When it finally dawned upon me that my condition was improving, I bubbled over with joy. I called on Dr. Clements and told him what was happening. I thought he would be surprised, but he wasn't. He said that the rising of the summer sun did not surprise him as the event is governed by a law that cannot be defied. The human body is governed by a law just as fixed and certain. He said that he knew my condition would improve just as sure as the ebb and flow of the tide, provided I would follow his advice long enough. What an extraordinary doctor! And what faith he has in his methods! I wish I could tell the whole world about it.

The first and foremost step in the spiritual advancement of an aspirant is the giving up of meat. The Divine Light will not descend if the stomach is loaded with meat. Manu, Jesus, Buddha exhorted the people to refrain from using liquors, intoxicants and drugs as these are deleterious in their effects. No spiritual progress is possible without abandoning them.

Purity of food leads to purity of the mind. Sattwic food helps meditation. The discipline of food is very necessary for the successful practice of Yogic sadhana. If the palate is controlled, then all the other senses are also controlled. Boil half a litre of milk along with some boiled rice, ghee (clarified butter), and sugar. This is called *Cheru*. It is an excellent food for Yogis. This is for daytime. For the evening meal, half a litre of milk will do.

Bhishma said: There is nothing on earth that is superior to flesh in point of taste. There is nothing that is more beneficial than flesh to persons that are lean, or weak, or afflicted with disease, or addicted to sexual congress, or exhausted with travel. Flesh speedily increases strength. It produces great development. There is no food, O scorcher of foes, that is superior to flesh.

But, O delighter of the Kurus, the merits are great that attach to men that abstain from it. Listen to me as I discourse to thee on it. That man who wished to increase his own flesh by the flesh of another living creature is such that there is none meaner and more cruel than he. In this world there is nothing that is dearer to a creature than his life. Hence (instead of taking that valuable possession), one should show compassion to the lives of others as one does to one's own life.

The Self-born Manu has said that, that man who does not eat meat, or who does not slay living creatures, or who does not cause them to be slain, is a friend of all creatures. Such a man is incapable of being oppressed by any creature. He enjoys the confidence of all living beings. He always enjoys, besides, the approbation and commendation of the righteous.

Since, O thou of great splendour, the period of life is shortened of persons who slaughter living creatures or cause them to be slaughtered, it is clear that the person who wishes his own good should give up meat entirely.

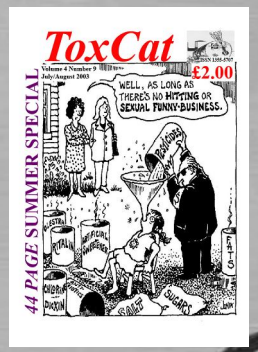
Those fierce persons who are engaged in slaughter of living creatures, never find protectors when they are in need. Through cupidity or stupefaction of the understanding, for the sake of strength or energy, or through association with the sinful, the disposition manifests itself in men for sinning.

Just one more word before I close. Never mix your food. Eat one kind of food at a meal. I mean follow the mono-diet system. When you eat vegetables, eat only vegetables; when you eat berries, eat only berries; when you eat oranges, eat only oranges; and when you eat nuts, let nuts make up the entire meal."

Obesity is an evidence of an imbalance in nutrition. Its cause lies very frequently in the mixture of starch food and proteins or starches with acid fruits, and the consumption of refined carbohydrates. Compatible eating is especially effective, merely avoiding warring mixtures is sufficient gradually to reduce excessive weight- without even trying to do so and without feeling hungry.

COMMON COLD

Every cold is merely an expression of the body's effort to clean house. If the cold is evidence of body's effort to get rid of objectionable waste material that is hampering its normal functioning, then its prevention lies in the elimination of this hampering waste.



'I felt sure my daughter was so huge because of an under active thyroid, or an over active one,' said Lauren Tonatchwik, mother of 19 stone Tammy, aged six. 'It never occurred to me that it might be connected to the eight milkshakes and fourteen candy bars she eats a day, in between KFC Bargain Buckets.'

newsbiscuit.com/article/childhood-obesity-lin...

ACID-PROTEIN COMBINATION

Do not eat acid fruits with proteins. Oranges, tomatoes, lemons, pineapples, etc. should not be eaten with meat, eggs, cheese or nuts.

Correct Food Combining
By Dr.Herbert M.Shelton

SUGAR-PROTEIN COMBINATION

Eat sugars and proteins at separate meals. When combined with other foods, either protein or starches, sugars are held up in the stomach for a prolonged period, awaiting the digestion of the other foods, and they undergo fermentation.

Bread and butter taken together cause no unpleasantness, but if sugar or jam or marmalade is added trouble may follow. Mixtures of starch and sugar invite fermentation and its attendant evils.

TAKE MILK ALONE

Due to its protein and fat (cream) content, milk combines poorly with most foods. It will combine fairly well with acid fruits. In feeding milk to young children, a fruit meal may be fed and then half an hour afterwards milk may be given. The milk should not be given with the fruits, except in the case of acid fruits.

Do not eat meat, (flesh), eggs, cheese, nuts or other protein foods at the same meal with bread, cereals, potatoes, sweet fruits, cakes etc.

The hamburger, egg sandwiches, cheese sandwiches, hot dogs, ham sandwiches and other such protein-starch combinations are similar dietetic abominations. Dr. Tilden used to say that nature never produced a sandwich. How true are his words!

Digestion of carbohydrates (starches and sugars) and of protein is so different, that when they are mixed in the stomach they interfere with the digestion of each other.

An acid process (gastric digestion) and an alkaline process (salivary digestion) cannot be carried on at the same time in an ideal way in the stomach. In fact, they cannot proceed together at all for long as the rising acidity of the stomach contents soon completely stops carbohydrate digestion and this is followed by fermentation.

MILK AND CEREALS

A dish of boiled oat-meal, to which has been added milk and sugar, is one of the worst abominations that ever slipped down the human throat.

Denatured cereals with pasteurised milk and white sugar is a predominantly acid forming breakfast, a horrible combination, and plenty of sickness as a result.

Flaked cereal foods (various types of corn flakes and other such foods) are much in use. Chemical analysis shows them to be possessed of abundant food value, though actually, they are largely charcoal. They are said to be ready-cooked and pre-digested. This is a fallacy that the public must outgrow. They are pressed between rollers at intense heat and are rendered practically valueless as foods. Wheat is the most acid- forming of the cereals. Oats seem to have the worst effect on the teeth.

ACID-STARCH COMBINATIONS

Dr. Hay and Dr.Herbert Shelton advised: Never eat carbohydrate foods and acid foods at the same time. Do not eat bread, potatoes, or peas or beans or bananas or dates or other carbohydrates with lemons, limes, oranges, grape-fruits, pineapples, tomatoes, berries, sour apples, sour grapes, or other sour fruit.

A weak acid will destroy the ptyalin enzyme of the saliva. With the destruction of the ptyalin starch digestion must come to a halt.

The acids of tomatoes, oranges, grapefruits, lemons, pineapples, sour apples and other sour fruits are sufficient to destroy the ptyalin of the saliva and suspend starch digestion.

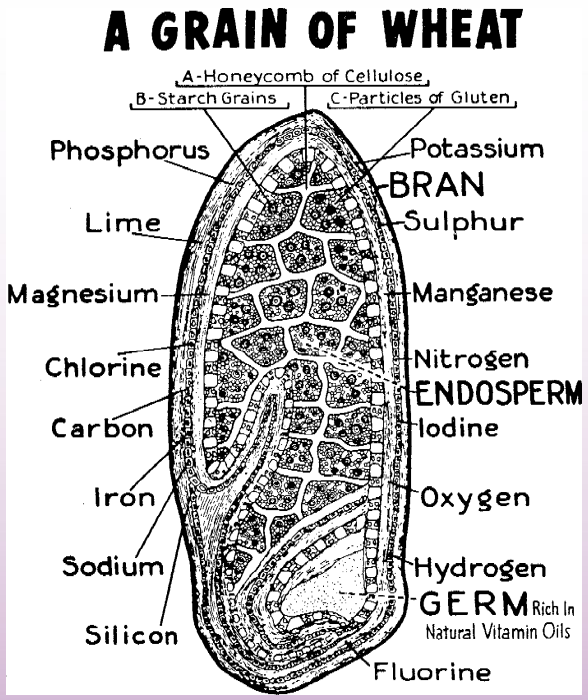
Take a tomato sandwich as an example. Tomatoes should never be combined with any starch food. They may be eaten with leafy vegetables and fat foods. The combination of citric, malic and oxalic acids found in tomatoes (which is released and intensified by cooking) is very antagonistic to the alkaline digestion of starches in the mouth and the stomach. Oxalic acid diluted to 1 part in 10 000 completely arrests the action of ptyalin. There is sufficient acetic acid in one or two teaspoonfuls of vinegar to entirely suspend salivary digestion.

STARCH-SUGAR COMBINATIONS

Ptyalin has no action upon sugar. When sugar is eaten there is a copious flow of saliva, but it contains no ptyalin. Sugars undergo no digestion in the mouth and stomach. They are digested in the intestine. If taken alone, sugars are not held in the stomach long, but are quickly sent into the intestine. *All sugars, commercial sugars, syrups, sweet fruits, honey etc.; have an inhibiting effect upon the secretion of gastric juice and upon the digestive movements of the stomach.*

When eaten with other foods, either proteins or starches, they are held up in the stomach for a prolonged period, awaiting the digestion of the other foods. This type of eating almost guarantees acid fermentation.

Jellies, jams, fruit pastes, white or brown sugars, honey, molasses, syrups etc.; added to breads, pastries, cereals, potatoes etc.; produce fermentation. Millions of our people eat cereals and sugar for breakfast and suffer with sour stomach, sour eructation and other evidences of indigestion. Sweet fruits with starch also result in fermentation. Breads containing dates, raisins, figs etc are dietetic abominations. *If the starch is disguised with sugar, honey syrup, jams jellies etc.; this will prevent the adaptation of the saliva to starch digestion.*



But the combination of bread and meat causes even more trouble. Such a diet, when fed to experimental animals resulted in high blood pressure, Bright's disease and troubles which usually accompany these conditions in man. Neither do the animals grow as they should.

BREAD

We(?) know that too much bread, if taken alone, will break down one's health. Made of cereals, largely of denatured cereals, mixed with salt, soda, yeast, lard and often other ingredients and subjected to a high degree of temperature in cooking, and then eaten three or four times a day in considerable quantities, mixed indiscriminately with all classes of foods , and taken in addition to much other starch food, bread is one of our chief sources of woe.

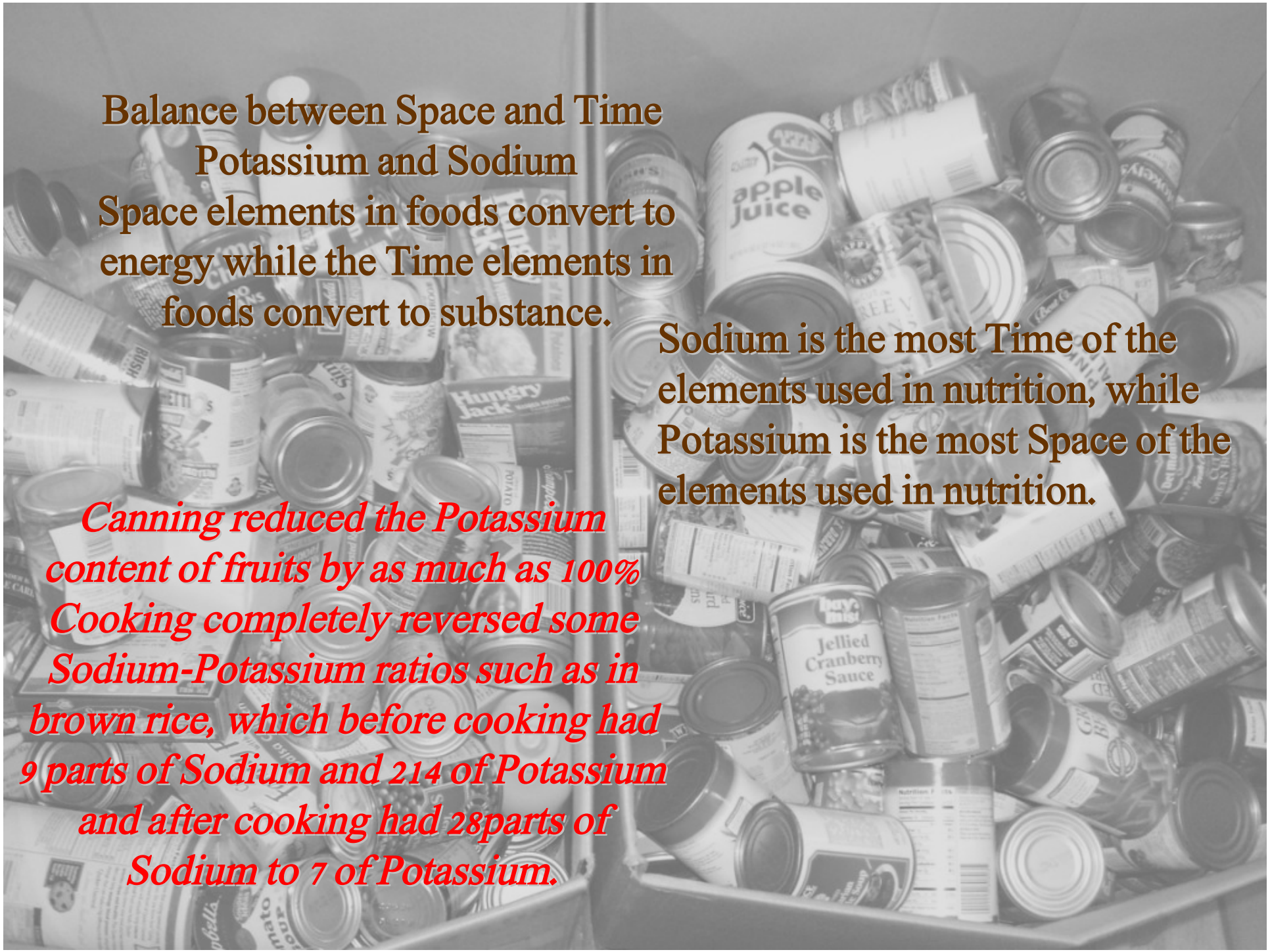
VEGETARIANS

Cereal and farinaceous foods form the basis of the diet of so-called "vegetarians' who are not guided by any direct principle, except that they believe it is wrong to eat animal food. For this reason vegetarians enjoy no better health, and live no longer than those around them. Vegetarians are usually great eaters of cereals. In fact they would receive less harm from moderate amounts of meat. Never before in history have as much cereals and refined flour been consumed since the perfection of the rolling mill process in 1879.

POTATOES

Cereal starches require from eight to twelve times as long to digest as does potato starch. Two full hours are required to digest the starch of wheat, corn and rice, and eighty minutes to digest the starch of oats, whereas the same amount of potato starch digests in ten minutes.

Processing produced incredibly high Sodium contents in some foods, as for example, Baking powder, which had 10953 parts of Sodium to 150 Potassium.



Balance between Space and Time
Potassium and Sodium
Space elements in foods convert to energy while the Time elements in foods convert to substance.

Sodium is the most Time of the elements used in nutrition, while Potassium is the most Space of the elements used in nutrition.

Canning reduced the Potassium content of fruits by as much as 100% Cooking completely reversed some Sodium-Potassium ratios such as in brown rice, which before cooking had 9 parts of Sodium and 214 of Potassium and after cooking had 28parts of Sodium to 7 of Potassium.


IN THE YEAR 3000, FOOD WILL
COME IN AMAZING CONTAINERS THAT
SAVE NUTRIENTS, FRESHNESS AND TIME.
IT WILL BE FOOD IN CANS.
The question isn't when canned foods began.
It's when you discover them. Canned foods are
convenient. Time-saving. Versatile. Healthy.
And good. They go into everything from salsa to
soufflés. And from baby peas to pineapple rings,
they can be very impressive. Who says you have
to be new to be very, very modern.
CANNED FOOD
INFORMATION COUNCIL
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Cakes, pies, macaroni, spaghetti, breads- all the same story - high in Sodium and low in Potassium.

And then there was salt itself, with 38758 parts of Sodium to 4 of Potassium. When it is realised that the ratio between Potassium and Sodium in natural foods was at least 25 to 1 in favour of Potassium, it could easily be seen that anyone using the above foods in abundance was throwing his body so far out of balance that there had to be disease and malfunction sooner or later.

Top Food Categories at Wal-Mart

Categories	Wal-Mart Dollar Sales	Change Vs Year Ago
Carbonated Beverages	$2,586 MM	+18.6%
Snacks	$2,368 MM	+16.3%
Bread & Baked Goods	$2,246 MM	+20.2%
Candy	$2,220 MM	+6.9%
Packaged Meat	$1,709 MM	+24.4%
Milk	$1,668 MM	+29.0%
Cereal	$1,384 MM	+13.6%
Prepared Foods - Frozen	$1,371 MM	+20.4%
Fresh Produce	$1,352 MM	+20.3%
Cheese	$1,283 MM	+27.7%
Juices Drinks - Shelf Stable	$1,244 MM	+16.5%
Bottled Water	$849 MM	+13.6%
Condiments/Gravies/Sauce	$796 MM	+17.0%
Cookies/Ice Cream Cones	$788 MM	+8.1%

Source: ACNielsen Wal-Mart Channel Service, 52 Weeks Ending 7/10/04

How different is the picture when we look at natural foods, e.g. Almonds 4 parts of Sodium to 773 parts of Potassium.

Natural Foods	Sodium	Potassium
Almonds	4	773
Walnuts	3	460
Avocados	4	604
Buckwheat	18	448
Grapes	3	158
Lemons	2	138
Radishes	18	322
Pears	2	130
Pumpkins	1	340
Chestnuts	20	450
Apples	1	110
Bananas	1	370
Cherries	2	191
Grape Fruits	1	162
Oranges	1	200
Peaches	1	202
Plums	2	299
Apricots	1	281
Figs	2	194
Onions	10	157
Garlic	19	520
Wheat germ	3	827
Green Beans	7	243
Horseradish	8	564
Peppers	13	213
Raisins	27	763
Brew.Yeast	16	610

Processed Foods	Sodium	Potassium
Baking powder	10953	150
Bread Stuffing	1300	172
Processed cheese	625	240
Corn meal	1380	109
Mustard	1307	130
Canned soup	875	86
Catsup	1042	370
Table salt	38758	4
Biscuits	1300	80
Caviar	2200	180
Corn flakes	1005	120
Crackers	1100	120
Italian dressing	2092	15
Soya sauce	7325	366
Waffle mix	1433	162

Brown Rice	Sodium	Potassium
Uncooked	9	214
Cooked	282	70

A diet of processed foods, even though supplemented with essential nutrients, produced deficiencies of Potassium in humans. Such persons developed listlessness, fatigue, gas pains, constipation, insomnia, low blood sugar. Muscles became soft and flabby; pulse weak, slow, irregular.

These symptoms are suffered by millions of people. It is difficult to imagine how such deficiencies could occur when Potassium was supplied in all raw, natural foods. But people were now eating relatively few fruits and vegetables, the richest source. Moreover, when vegetables are soaked and boiled and the water discarded, the Potassium was thrown away.

Medications such as ACTH, Cortisones, and diuretics cause Potassium to be excreted in the urine, as did Aspirin and many other drugs, including alcohol.

Potassium could be obtained naturally from fruits, vegetables, whole grain cereals, nuts, sunflower seeds etc.

High blood pressure, usually caused by an excessive sodium intake, had also been produced in both animals and humans by diets deficient in Potassium. High blood pressure also had been successfully treated by giving patient large amount of Potassium.

Dr.Dahl, who had spent years researching the relationship of Sodium intake to high blood pressure, had found in all age groups that the greater the sodium intake, the earlier and more numerous were deaths from hypertension.

The high sodium contents of prepared baby foods was an especial target of Dr.Dahl's. By feeding baby rats canned meats and canned vegetables prepared for infants, he produced high blood pressure that was fatal in four months.

Whenever potassium in the cells was low, blood sugar was low. Low blood sugar or hypoglycemia, has become a major health problem in modern societies, causing fatigue, irritability, and foggy thinking. Low blood sugar caused still more potassium to be excreted in the urine. Then the eating of high sodium foods resulted in both potassium in the blood decreasing and blood sugar dropping, bringing a feeling of exhaustion.

The greatest harm done by Potassium deficiency was probably its effect upon the heart. It has long been known that heart attacks were often associated with low blood potassium and a low potassium diet. In addition, experiments had shown that animals deficient in potassium suffered extensive degeneration of the heart muscles, and suffered from liver disturbances.

… Since lack of potassium allowed sodium and water to pass into the cells, increasing the potassium intake often corrected edema or water retention. Weight conscious women, wishing to be quickly rid of every excess pound, begged physicians for "water pills" Though the urine output was temporarily increased and pounds lost, the cells again retained water because of an even more serious lack of potassium.

Blood sugar then dropped until exhaustion became unbearable. Amphetamines were then used for a "pick up". These made nerves tense and sleep evasive. Millions of women were caught in this vicious circle.

Dr.Max Gerson explained that cancer cells thrive in a sodium condition and die in a condition of live oxygen enzymes and potassium (So lavish in the Gerson cancer therapy). Every cancer patient that Dr. Gerson attended had high amounts of sodium in his or her body.

Potassium by activating many enzymes was essential for muscle contractions. Potassium heals and invigorates and stimulates the liver, sends messages through nervous system. Potassium is strongly alkaline. It makes tissues elastic, muscles supple and creates grace, beauty and good disposition. Without potassium, sugar (glucose) could not be changed into energy or stored for future use. Potassium stayed inside the cells and was balanced by sodium outside the cells.

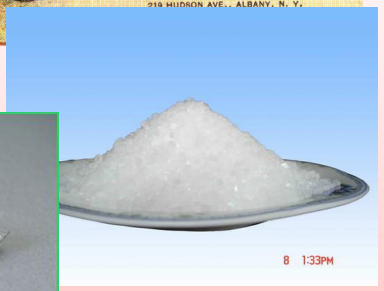
If potassium was deficient, however, sodium entered the cells, taking with it so much water that many cells burst. The result was water retention (edema0, damage to muscle and connective tissue, and scarring.

Perhaps the greatest harm done by excessive sodium intake was that it caused serious loss of potassium from the body.

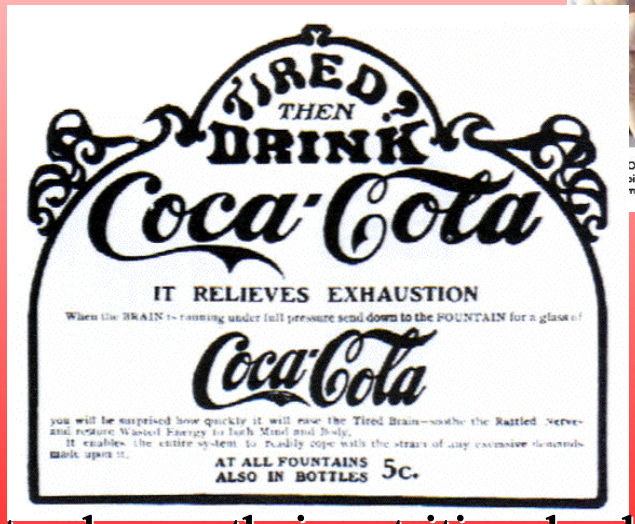
It is important to remember, however, that sodium, in proper balance with potassium is essential to life and health. Sodium aids digestion and is also described as youth maintainer in the body. Sodium seems to be the conductor of electric currents inside the body's nerve cells.

Pills by the tons to alleviate constipation, to reduce weight, pills to improve the appetite, pills to cut down the appetite, pills to pep you up, pills to calm you down, pills to break the habit of taking pills.

Americans spent more than 200 million dollars each year for pills to make them sleep, more millions to wake them up. More than 20 million tons of aspirin are consumed each year.




Obesity has reached epidemic proportions globally, with more billion adults overweight - at least 300 million of them clinically obese - major contributor to the global burden of chronic disease and disability.



Quantity and quality prompted thought processes in modern consumer oriented societies, so the fruits, vegetables and grains of nature were sprayed, cooked, mashed, mixed, injected with preservatives, dyed, boxed, canned, frozen, tinned and moved out to the consumer by the ton.

Not only was their nutritional value thus put in question but their freedom from poisons as well.

Nature's way of perfect health was fresh fruits, vegetables, nuts, seeds, cereal greens- a vast array of variety and taste, regular storehouse of health, energy and vitality, a golden door to a vigorous life.

Mind was Space and body was Time. When correct balance existed between them there also existed perfect health.

If a diet was too Time (many processed foods and animal products), it produced a Time imbalance in the person. He or she tended to put on weight, and his or her consciousness became overly materialistic.

When a diet was too Space (overly weighted with carbohydrates), it produced Space imbalance in the person. He tended to become too thin, and his consciousness became overly spiritual.

Diet, then, could be a powerful force for the elevation of consciousness, but it also could be a powerful force for the lowering of consciousness. Balance was the key to a healthy mind in a healthy body. The lives of saints and Rishis indicated that they had lived on such a diet

"Eat always from the table of God; the fruits of the trees, the grains and grasses of the field, the milk of beasts, and the honey of bees. For everything beyond these is Satan, and leads by the way of sins and diseases unto death. But the foods which you eat from the abundant table of God fed Methuselah of old, and I tell you truly, if you live even as he lived, then will the God of the living give you also long life upon the earth as was his."

– Words of Jesus from the Essene Gospel of Peace

"Although the human body is a marvelous machine, it cannot build sound, healthy tissues from foods that have been grossly adulterated for commercial purposes."

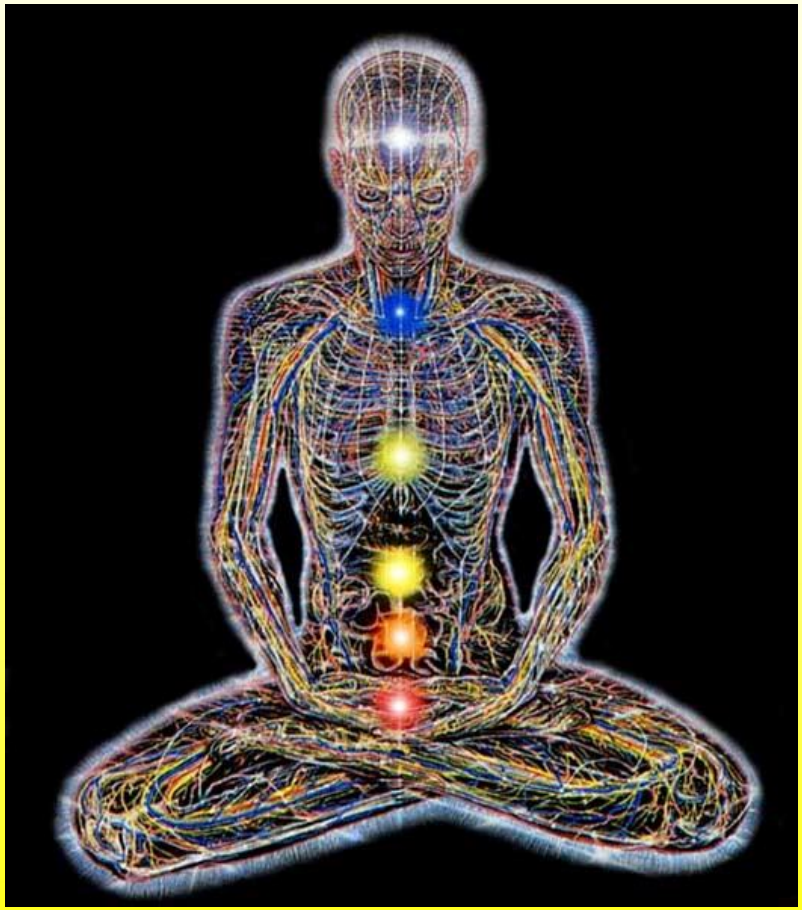
– Dr. Henry G.Bieler

"The path of civilisation is paved with tin cans."

– Elbert Hubbard

To be honest, I have no problem with well-being; after all if God makes the Lilies of the field beautiful (Matthew 6:28-29) he'll make sure we get enough of what we need. However, the seeking of wealth is pernicious, especially when it turns into hatred of the poor (for being sinners by definition of their poverty).

My thought has always been that it's best to handle what you have and let God bless you with more if he deems you worthy. However, don't be surprised if he holds you close by giving you only what you have, as you having lots of money may turn you into a money worshipper, thus endangering your soul (Matthew 6:24).



http://www.scrippsnews.com/node/13096

Dr. Jack Goldstein was treated medically for six years for a debilitating disease – ulcerative colitis – which under standard medical care by qualified and respected physicians progressed to a point close to death. His only hope, he was told, lay in agreeing to submit to one of the most radical and drastic operations known to medical science – a total colostomy, or a complete removal of the large intestine and rectum. For the rest of his life he would be forced to wear a bag attached to his abdomen for the collection and elimination of waste.

At this point, tortured by the thought of becoming a physiologic cripple and even contemplating suicide, he was led to a natural way of life which incorporated fasting and a vegetarian diet that actually allowed his body to heal itself. He undertook a six-week fast in a controlled environment and under the supervision of a doctor – which literally saved his life.]

By V.E.Irons (There is a Difference)

Orthodox nutrition depends on chemical analysis to determine food values but it is fundamental that live organic natural foods must be killed (and thus rendered dead and inert) to be chemically analyzed. Hence, they may show up as chemically identical to a synthetic food or vitamin, but the chromatogram shows the difference.

It is wrong to think that dead refined foods, dead synthetic vitamins and inert materials are as beneficial as live natural foods with their live vitamins and organic minerals, all organized by the sun, air, rain, water, minerals, and the soil's living bacteria. There is a vast difference and the chromatograms show it.

Foods have been defined as oxidizable substances. Oxidation is the union of oxygen with another element. Oxidation may take place slowly or rapidly. Rapid oxidation is the process known as burning.

Much of the damage done to food by cooking is due to oxidation- heat being the catalytic agent in this instance. It was early discovered that the application of heat to foods destroyed vitamins. Even comparatively low temperatures, such as that used in pasteurizing milk, are enough to destroy many of the vitamins of foods. Cooking destroys in part, if not wholly, the oxidizable factors of foods. This simply means that cooking "burns" those portions of foods that the body ordinarily oxidizes. Once these substances have been oxidized, they cannot again be oxidized in the body hence they are useless as food.

Heat by speeding up oxidation turns food into ashes before it is eaten. For example, certain of the amino acids are destroyed by the regular processes of cooking. Two very important amino acids, Lysine and Glutamine are destroyed by the cooking process.

Oxidation
By Dr.Herbert M.Shelton

The losses that are produced by cooking may not result in serious trouble until later in life and all of their effects do not show up for two or three generations. For example, Dr.Pottenger demonstrated that cats fed on pasteurized milk and cooked flesh could not reproduce after two to three generations. They usually died of arthritis, heart diseases or gastro-intestinal complications.

It is significant that when Dr.Pottenger had fed his cats on cooked foods for a few generations, they not only developed many very serious defects, including finally, loss of ability to reproduce, but they also became homosexual and lost their normal endowments of hereditary racial sex characteristics.

Some day, perhaps, we may know just how much similar eating practices have to do with the growing alikeness of the sexes in country (USA). Tests have shown that with large numbers of boys and girls, it is impossible to tell them apart by their anatomical differences of height, shoulder and hip dimensions, etc. Viewed nude from the rear, they were identical in appearance. Accompanying this wiping out of distinguishing sexual differences, there is the growing increase of sterility in both sexes.

Viewed from every angle, the application of intense heat to foods constitutes a great waste of nutrients. The enzymes in foods, the roles of which in human nutrition are not yet fully understood, are also destroyed by heat.

Let us look at milk again. Pasteurizing milk destroys the following enzymes contained in the milk: Protease, Lactase, Diastase, Lipase, Salolalase, Catalase, Peroxidase, Aldehydrase, Amylase and Phosphatase. It greatly impairs the value of chlorophyll and spoils the iron salts in foods.

When fresh fruits and vegetables are chopped into small pieces, or when tomatoes are sliced thin, there is rapid oxidation of vitamin c. For example, when lettuce is shredded it loses eighty per cent of its vitamin c in one minute. The loss is almost as rapid in tomatoes when these are sliced thin. The same thing is true of the vitamin c in oranges, cabbages and other fruits and vegetables. Ripe tomatoes seem to lose vitamin c less rapidly than do the green ones when they are sliced.

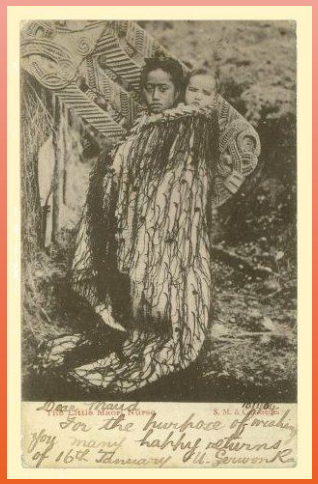
Nutrition is function and we can have better nutritive function only when we have the capacity for better nutrition. Capacity cannot be bought. There are no drugs in the drug stores that can increase capacity, nor can they carry on the functions of life for us. The power to live, to breathe, to eat, to function resides within not without.

In all green leafy vegetables, the destruction of vitamin c by oxidation , when these are chopped or shredded, is marked. The mere act of grating raw apples or raw potatoes causes a complete loss of vitamin c.

Quality and Quantity
Practical Classification of Diet
By Dr. Herbert M. Shelton (USA)
1. **The Building Diet**
2. **The Mature Diet** - The diet of maintenance – adulthood
3 **The Curative Diet**-The diet of elimination

The Building Diet

That a diet of fruits, nuts and green vegetables, to the exclusion of all animal foods, will suffice to sustain life, health and growth in human beings after the suckling period is past admits of no doubt. Whole tribes have lived on such for generations and demonstrated this to be so.



The Mature Diet

It requires much material to construct and complete a building but after it is completed it may be kept in repair with but small amounts of materials. Just so it is with the human body.

After complete physical maturity is reached and growth has ceased, one's food requirements are very different to what they were in youth. As age advances it is usually best to decrease the amount of food consumed daily.

The diet of maturity should then contain but little protein. The diet should contain an abundance of those food elements so essential to normal elimination and normal secretions – the organic salts. This is imperative if one is to maintain health, strength and youth. These keep the body sweet and clean and ward off those disagreeable and annoying symptoms and disorders that usually accompany 'old age'.

Diet of Elimination

Orthodox science considers foods to be ‘nutritious’ and ‘non-nutritious’ according as they yield much or little nitrogenous, carbohydrate and hydrocarbon substances. In keeping with this idea foods are classified as (1) proteins, (2) carbohydrates and (3) hydrocarbons. Fruits and green vegetables are practically unclassified. The wonderful vitalizing acid (organic acids) and salts, which they contain, are relegated to the ‘ash’ column and practically ignored.

The conventional diet is more or less deficient in alkali elements due to the fact that it is made up largely of the concentrated proteins, carbohydrates and hydrocarbons, and to the further fact that these have usually been deprived of most of their alkaline elements in the process of manufacture and cooking. Practically all the ‘staple’ articles of food used today show a relative predominance of acid forming over base-forming elements.

In disease, the process of growth, development and repair are slackened or stopped altogether, indicating that the body is in no condition to properly care for the normal amounts of proteins, starches, etc. and we find by actual experience that when these are eliminated from the diet of the sick they immediately begin to improve in health. On the other hand those patients that consume the protein and carbohydrate foods always improve very slowly, if at all.

True eliminating diet is one that is rich in mineral salts and lacking in the acid forming proteins and carbohydrates. The base-forming elements must greatly predominate in such a diet.

Modern medicine has degenerated into a state of "pill prescribing". It has become so fragmented with so many specialists in so many areas of the human body that a patient can no longer find his way through the maze, and hospitals and medical services were pricing themselves out of reach. Why such chaos in modern countries of brilliant materialistic and technical achievements?

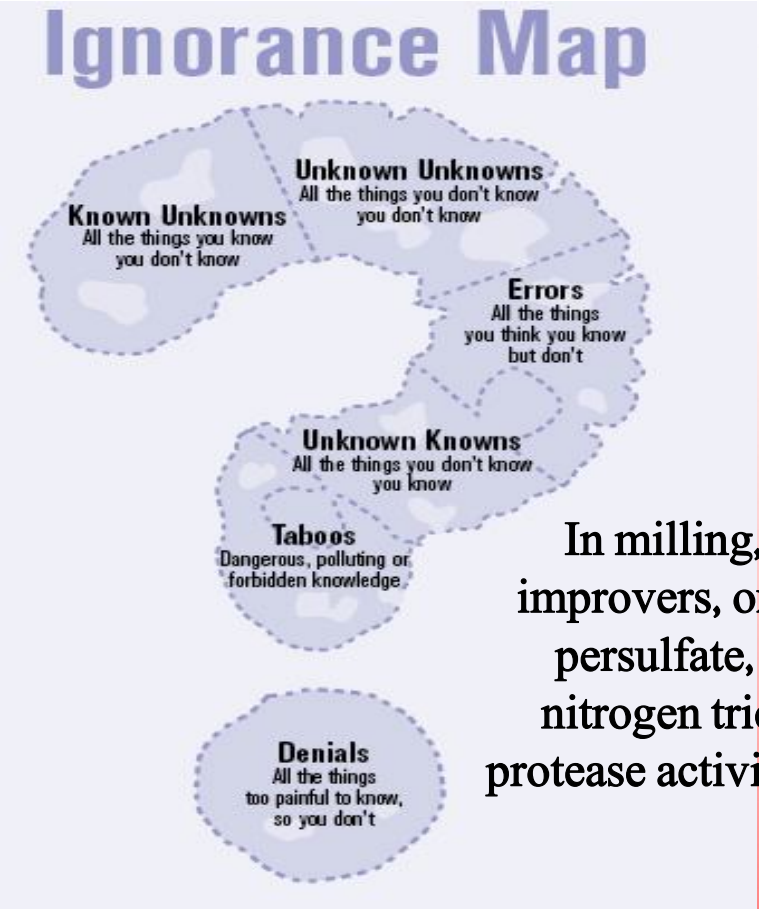
WHITE BREAD

"The average loaf of commercial white bread sold today is primarily the product of chemical ingenuity, clever mechanical technology and advertising guile. It is subjected to a bombardment of chemicals, stripped of virtually all nutrients, given a few synthetic vitamins, shot with emulsifier to keep it soft and, sold to the gullible public as an enriched product."--Willliam Longgood

For more than twenty-five years bread flour was bleached and "matured" with nitrogen trichloride, a gas known as Agene. Sir Edward Mellanby, a distinguished British physician and nutritionist , discovered that dogs fed bread made with Agene treated flour developed "running fits" or "canine hysteria". Some ten years after the substance was found to be a powerful nerve poison for dogs, the use of Agene in bread making was legally banned.

A substitute gas was found by the flour millers. This gas is known as Chlorine Dioxide. The authoritative publication 'Lockwood's Flour Milling' has this to say about the gas:

"The use of Chlorine dioxide is more powerful than nitrogen trichloride (Agene); the quantities used are one- third to half those of nitrogen trichloride. Chlorine dioxide not only oxidises the flour pigment but also has a valuable bleaching effect on the colouring matter of the bran, which makes it particularly valuable for bleaching low grade flours."



While Agene and chlorine dioxide generally are called bleaches, their primary purpose is to age flour artificially. Aging is considered necessary to give some flours the right consistency, but to avoid costly storage and waiting for the process to take place, they are given a shot of gas.

In milling, flour is treated with improvers, oxidising agents such as persulfate, bromine, iodate, and nitrogen trichloride, which affect protease activity and gluten properties.

Bleaching agents such as oxides of nitrogen, chlorines and benzoyl peroxide convert the yellow carotenoid pigment to colourless compounds because of alleged consumer desire for white bread.

Samuel Lepkovsky of the College of Agriculture at the University of California in Berkley, and author of "Bread problem in war and in peace", noted that "instead of being alarmed at the decreased nutritive value of white flour as shown by the inability of insect pests to thrive on it, the production of white flour was hailed as a great forward step."

Lepkovsky quoted a J.B. Orr as recalling that during the Napoleonic wars the men from northern England and southern Scotland who lived in the country side and had plenty of whole-wheat grain, milk, eggs and vegetables were big, powerful and energetic men who made the best infantry soldiers of Europe . During the Boer war a large percentage of the recruits from this same district were short, frail weaklings who could not be used as soldiers.

"A commission was appointed to investigate the cause of this striking change in the physical condition of these men, and it was found that many people who had moved off the land and had gone into the slums of the big cities had their eating habits changed. They were depending too largely on white flour and sugar".

A grain of wheat or berry, as it is called, is composed of three principal parts: 1.the outer shell or husk, 2.the endosperm or kernel and 3.the germ from which the grain reproduces itself.

When the grain is planted the husk protects the seed while it germinates, and the endosperm- a carbohydrate- feeds the germ until it gets a foothold and takes nutrients from the earth and air. The modern steel flour mill is a devilishly clever device; it removes the husk and the germ of a grain of wheat, leaving only the endosperm. It is the endosperm from which flour is made.

In the discarded parts are nutrients essential to human health and life. Some twenty natural vitamins and minerals are removed from white bread and are replaced with four or five synthetic ones at higher cost and call the product "enriched or fortified."

The flour that emerges is little more than pure starch, containing only about seven to eleven per cent low grade protein. When mixed with water, the flour becomes an easily shaped paste. The miller loves white flour because of its long-keeping qualities and unattractiveness to bugs. But a secondary attraction is that he can sell the removed bran as feed for animals, and the wheat germ as a food supplement for human beings and animals.

Numerous experiments have confirmed the nutritional inadequacy of "enriched" bread compared to the whole-wheat.

In one experiment carried out by Dr.Estelle Howley, Associate Professor of Paediatrics and Nutrition at Rochester University, one group of rats was fed "enriched" commercial white bread and another was given bread made with the Cornell formula which was formulated by Dr. Clive McCay at Cornell, consisting of unbleached flour enriched with natural food products such as wheat germ, soy-bean flour, and a high proportion of milk solids.

Rats on the MacCay-Cornell formula thrived, as did their offspring through the fourth generation. Rats on the commercial white bread became sickly and starved-looking and produced stunted offspring. All died off and the strain became extinct before the fourth generation.

THE "FLAVOUR ENHANCERS"
MONOSODIUM GLUTAMATE (MSG)

To determine whether MSG causes more than transitory symptoms of acute distress resembling gall-bladder trouble, epigastric fullness, marked upper-abdominal discomfort, numbness at the back of the neck, general weakness and palpitation, tightness on both sides of the head, pounding, throbbing sensation in the head, laboratory experiments were conducted where larger amounts of MSG were injected into animals.

***It** caused brain damage in in new born mice, and eye damage in new-born mice. As adults, the MSG treated animals showed stunted skeletal development, marked obesity and female sterility.*

The FDA requested the AMA's council on Foods and Nutrition to review the subject of MSG in baby foods. Dr.Olney had reported further findings. Brain lesions had in every species of experimental animals tested, including mice, rats and rabbits. The next species tested was a primate: a rhesus monkey. Dr. Olney reported that brain lesions occurred in infant rhesus monkeys.

It is virtually impossible to avoid MSG in processed foods. MSG is found in heat and serve convenience foods; meats, stews, and meat tenderisers; canned and frozen vegetables; sea foods, fish fillets, clam chowder, codfish cakes, canned tuna; poultry and chicken a la king; almost all canned soups and soup mixes; seasonings; mayonnaise, French dressings, salad dressings; imitation maple syrup; potato chips; crackers; tobacco; baby foods; etc.

SACCHARIN-AN ARTIFICIAL SWEETENER

″ Saccharin is a noxious drug, and even in comparatively small doses it is harmful to the human system″.-Dr. Wiley. Saccharin, a coal-tar product synthesised in 1879, is intensely sweet, cheap, and not bulky to handle. Such qualities appealed to the food industry, which began to flood the market with candies (sweets), soft drinks and bakery products using saccharin as a sugar substitute.

″The Commission of the Health Association in France decreed saccharin harmful and forbade its manufacture or import. The German government limited its use, and expressly banned it from all food and drink. Similar actions were taken in Spain, Portugal, and Hungary. But attempts to keep saccharin out of food and drink in America and elsewhere have been unsuccessful.″

"MARGARINE-THE GRAND DECEPTION"
By Beatrice Trum Hunter From her book
'Consumer Beware. Your food and what's been done to it'.
Margarine, in addition to its hydrogenation, has other objectionable features that make it an artificial product.

An artificial butter like flavour and odour are achieved with Diacetyl. To ensure enjoyment of these qualities, isopropyl or stearyl citrates are added. These additives are euphemistically labeled "flavour protectors". Additional attempts to achieve butter-like qualities are made with artificial colour, lecithin to imitate the frying behaviour of butter, and synthetic vitamins to "enrich" the product.

Sodium Benzoate, benzoic acid or citric acid may be added as preservatives. The benzoates are known poisons, with severe reactions in sensitive individuals, resulting occasionally in death. In addition to these items, which usually appear on the label, emulsifiers (monoglycerides, diglycerides, and others) may be present but undeclared.

A fat is distinguished from an oil by its physical consistency. At room temperature if solid, it is considered a fat; if liquid, an oil. How is the liquid oil or soft fat hardened?

It is exposed to a high temperature and placed under pressure. Hydrogen is then bubbled through the oil in the presence of nickel, platinum or some other catalyst. The hydrogen atoms combine with the carbon atoms, and the product becomes saturated or hardened.

The new compound bears no relationship to the original oil. It is dark, malodorous or foul smelling grease. It is then bleached with corrosive chemicals to finish the change from an organic to an inorganic substance; from a live to a dead concoction. Technologists' skill are used to bleach, filter and deodorise it into a pure white, odourless, tasteless, highly artificial fat. It may be processed further for making shortening, lard or margarine.

The heating of the oil ruins its original character, with destruction of all vitamins and minerals as well as an alteration of proteins. The essential fatty acids (EFA) are destroyed or changed into abnormal toxic fatty acids antagonistic to EFA..

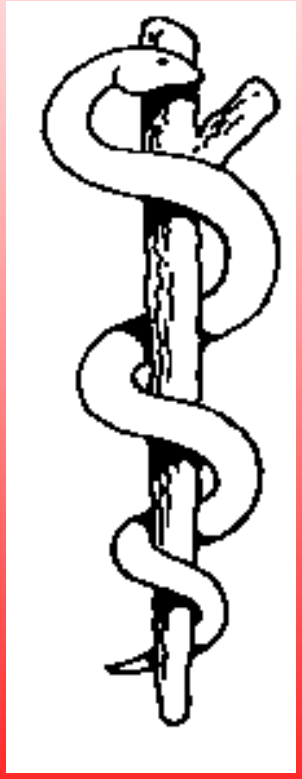
The synthetic fat forms new molecular structure unacceptable to the human physiology. Dr. Hugh Sinclair at the Laboratory of Human Nutrition, Oxford University, has found that lack of EFA "is a contributory cause in neurological diseases, heart disease, arteriosclerosis, skin disease, various degenerative conditions such as cataract, arthritis and cancer".

John H. Tobe, in his book "Margarine- The Plastic Fat" wrote: "Finely pulverised nickel is used in practically all processes of hydrogenation. It is clearly admitted in a book entitled 'Industrial Chemistry' that all the nickel can never be filtered out no matter how hard they try. A quote from this book: 'The commercial procedure is to suspend finely divided nickel in the oil heated to 250 to 300 degrees F(121 to 149 degrees C) and blow in hydrogen gas... The nickel is used in amounts of 0.5 to 1 percent of the weight of the oil'.

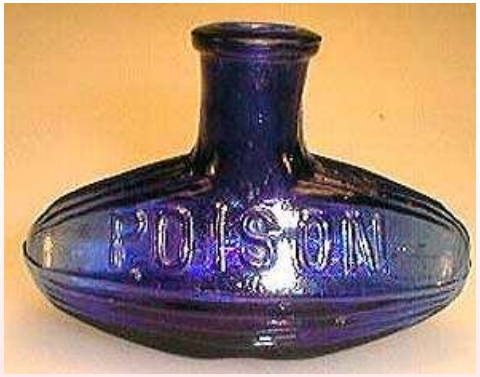
I checked further and to my utter amazement I found that the product used by the industry at large is a substance called Raney Nickel.

Very few people know, but the Merck's Index reveals that Raney Nickel catalyst is prepared by fusing 50 parts nickel with 50 parts aluminium, for use as catalyst for the hydrogenation of organic compounds with gaseous hydrogen.

Usually from 1 to 10% of the substance to be reduced is employed. In 'Industrial Chemistry' they state 0.5 to 1 percent catalyst is used. Merck's Index reads from 1 to 10 percent is used. Doctors- good, respectable, intelligent, capable medical men of unimpeachable integrity - recommend and advise that their patients who are in danger of or have had heart troubles, give up the use of butter and instead, use margarine. May God in His mercy on the medical men who are giving this advice to their patients - and even more so on their patients."



Henry A. Schroeder, M.D. wrote in 'Journal of Chronic Diseases' :
"There is no assurance that nickel, if used as a catalyst leaves no residue in the product. This element, even in minute quantities in the diet, is suspected of being a carcinogen (Cancer causing).



In addition, the role of abnormal metals such as nickel has been studied in relation to arteriosclerosis. One metal can replace another and inactivate it in a biologic system, so that there is a possibility that the nickel competes with an essential metal in the enzyme system of the body and produces a vitamin B6 (pyrodoxine) deficiency. This vitamin plays an important role in converting saturates to unsaturates in the body."

It is well to remember the observation of Dr.Franklin Bicknell about World War 2 in Norway where margarine factories had been destroyed, arterial diseases decreased. In England, during the same period, with margarine factories intact, arterial diseases increased. He commented:"...our increasing arterial degeneration ..is a preventable pandemic disease of modern foods and especially of modern bread, milk and margarine".

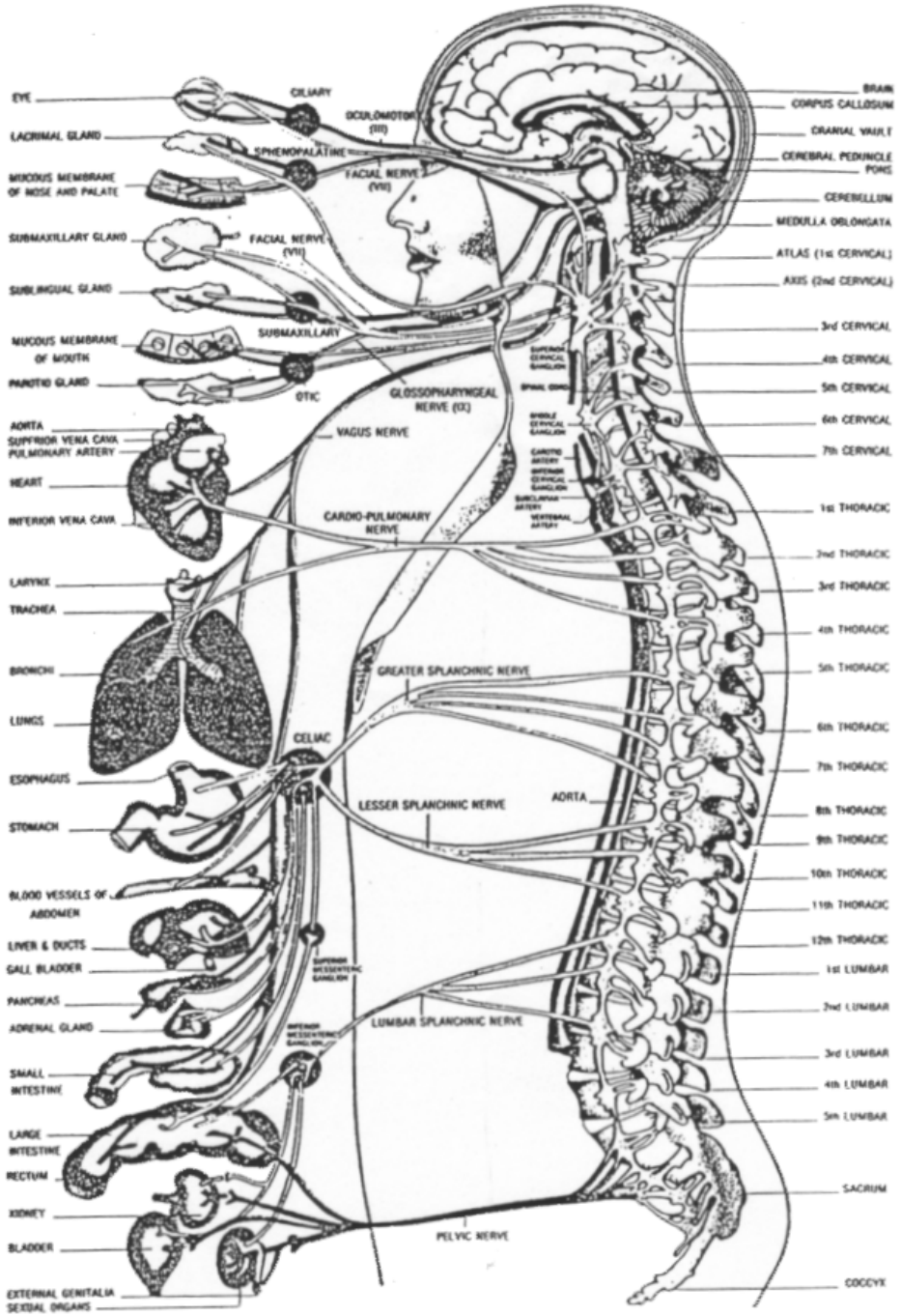
Despite the shocking implications of hydrogenation, the process is used almost universally by food processors. Far worse, it is accepted and fully sanctioned by government agencies responsible for the consumer's welfare.

It is difficult, if not virtually impossible, to avoid hydrogenated fats, commonly used in restaurants, bakeries, and hundreds of consumer food products; packaged dehydrated soups, chocolates, sweets, bread, biscuits, etc.

In nature, each individual pattern is sustained by the whole through its latent powers of attraction within its own electro-magnetic energy field, which is reliant upon its seed pattern keynote. This keynote is the central core of its creative energy field as an individual, separate being, endowed with consciousness and awareness and potential for growth.

The philosophy and study of the body as a manifestation of consciousness now provides a physical foundation for psychology and psychiatry through the concepts of *cellular memory*.

This core essence and the currents of the energy fields within us and around us, provide for us that within which we move and have our being as a living human entity in harmony and health or disharmony and dis-ease.



THE HUMAN NERVOUS SYSTEM

Ancient writings, particularly the Vedas (6,000 BC), tell us that the core of man follows a twin serpentine pathway describing the flow of kundalini or vital energy around the spinal column. (viz. The Caduceus or Staff of Hermes).

Modern anatomical and physiological investigation now confirms this ancient representation in the spiral flow of cerebrospinal fluid within the membrane known as the dura mater, and the intricacy of the serpentine crossover or decussation, of spinothalmic tracts or afferent and efferent pathways of the spinal cord itself.

it takes 120,000 liters to manufacture the metal and plastic to make a car.

http://www.abju.com/forums/index.php?s=6fe2fb5919e91c36d219f8fb81018912&showtopic=7890

http://www.waterflow.net/ffgallery.htm

http://www.doc.ic.ac.uk/~gzy/heart/flowforms/flowforms.htm

www.designforlife.co.nz

http://home.earthlink.net/~johnrpenner/Articles/Flowforms.html

http://www.seekeronline.org/links.html

www.ionmicrowater.com/hunza.htm

http://csf.colorado.edu/archive/1999/bdnow/msg02391.html

Complete Herbal Handbook for Farm and Stable, by Juliette de Baraicli Levy

Stella Natura 1995.

http://toxics.usgs.gov/hypoxia/hypoxic_zone.html

http://skandal.blogspot.com/2006/02/margarine-vs-butter.html

http://today.reuters.co.uk/news/artic...

Proof that things are growing more and more askew in this world: Prices are shooting up for the necessities, and the stuff for having fun is dropping through the floor (Okay, they're standing still, but you get the picture.).

http://transfatfree.com/pages/art_hydrogenation.htm

http://www.soilandhealth.org/index.html

www.world-crisis.com/.../440_0_15_0_C37/

one glass of water equals 1/3 Oxygen; we not only breathe it but drink it too.

http://www.thenazareneway.com/index.htm# The%20Sacred%20Texts

http://thegreenman.net.au/mt/archives/cat_environment.html

http://www.communities-against-toxics.org.uk/TC_Memberspub.htm

"He toi whakairo He mana tangata"
("Where there is artistic excellence
There is human dignity")

"Hoki atu ke te tapuwae parekura O te tini, o te mana.
Kei reira ke te tino taumata O taku mana."
("Who we are is what Our ancestors made us.And
made, For us.")

www.geo.utep.edu/.../1310/LECTURE_26.html

http://www.timesonline.co.uk/tol/news/uk/science/article2739926.ece

Actually the greatest yogi of all, Arjuna, never practiced systematic yoga at all. His merit consisted in love for God, and a searching and inquiring mind born of a deep and abiding concern for the welfare of others and not himself.

When Jesus Christ came to earth, he taught the common man how to loosen these bonds that held him so very tightly in oppression. He chastised the Sadducees and Pharisees; he called them white painted sepulchres. They were the Adepts, the Illumined Ones. *Jesus was a threat to the their established order*. Jesus taught, "And ye shall know the truth, and the truth shall make you free." [John 8:32] Whenever mankind has followed the true teachings of Jesus Christ he has been free. "Now the Lord is that Spirit: and where the Spirit of the Lord [is], there [is] liberty." [2 Cor. 3:17]